

SUPERIOR TO COLORADO OR SARATOGA.



ST. LEON

MINERAL WATER

Clears off Bile and Headaches.
Don't feel at home without it.
Colorado boasts no such water as
St. Leon.

WM. NASH,
311 Gerrard St., Toronto.

I find St. LEON an excellent
remedy, builds up the constitution
far superior to the famed waters of
Saratoga.

J. S. H. HOOVER,
Niagara Street, Toronto.

THE St. LEON MINERAL WATER Co. (Limited),

— HEAD OFFICE —

101 1/2 KING STREET WEST, TORONTO
Branch Office at Tidy's Flower Depot, 164 Yonge Street.

THE INTERNATIONAL BUSINESS COLLEGE

Corner College Street and Brunswick Avenue, Toronto.

I do not say my College is better than the best, the
"Leading" or most "Reliable," but I am the oldest and
most experienced Business School Teacher in the Dominion,
and for twenty-three years was at the head of Musgrove's
National Business College, in Ottawa, the largest Business
School in Eastern Ontario. I advertise very little. I give
my personal attention to each student, and make his interest
my own. A word to the wise is sufficient. Address

J. M. MUNGROVE, Proprietor.

OF
IMPORTANCE
TO YOU.

We request all those seeking medical relief to write us con-
fidentially and learn for themselves of what

THE GREAT MODERN REMEDY

can do for them. To heal the sick we must destroy the
cause. To do this the remedy must be an Anti-Septic and
destroy the living disease germs in the blood by actually
coming in contact with them. Any other method of cure is
a humbug. No Electricity. "Health without Medicine"
(which contains nothing but the advice to use hot water
enemas) or other remedies with no anti-septic qualities will
do this. The reader should do his own thinking and care-
ful investigating and not let others do it for him, else they
will soon profit by his ignorance.

WM. RADAM MICROBE KILLER COMPANY, LTD.
100 King St. W., Toronto, Ont.

Please mention this paper

"A Skin of Beauty is a Joy Forever"
DR. T. FELIX GOURAUD'S
ORIENTAL CREAM, OR MAGICAL BEAUTIFIER.

Purifies as well as beautifies the skin. No other
cosmetic will do it.

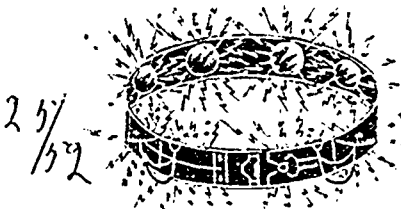


Removes The
Pimples, Moth-
Patches, Rash,
Freckles, and
Skin Diseases
and every blem-
ish on beauty.
and defies imi-
tation. On its vir-
tues it has stood
the test of forty
years; no other
has, and is so
harmless we
taste it to be sure
it is properly
made. Accept
no counterfeit of
similar name.

The distinguished Dr. L. A. Sayer, said to a lady
of the hautton (a patient): "As you ladies will use
them, I recommend Gouraud's Cream, as the least
harmful of all the Skin preparations." One bottle
will last six months, using it every day. Also Pou-
dre Subtil, removes superfluous hair without injury
to the skin.

For sale by all Druggists and Fancy Goods Dealers
throughout the U. S., Canada and Europe.
Beware of base imitations. \$1,000 reward
for arrest and proof of any one selling the same.

The Dorenwend Electric Belt and Attachments

RELIEVE AND CURE ALL DISEASES
WITHOUT MEDICINE.

Indigestion, Liver and Kidney Complaints, Rheumatism,
Neuralgia, Lumbago, Gout, Spinal Disease, Nervous Pro-
stration, Sleeplessness, Heart Troubles, Impotence, Seminal
Weakness, and Disorders of the Nervous and Muscular Sys-
tems. Dorenwend's Appliances are the very latest in
Electro Medical Discoveries. The current is under the
control of the user, and can be made weak or strong. Every
part is adjustable. The Belt will cure all diseases curable by
electricity. They are endorsed by recognized authorities.

Expert electrical and medical examination invited. No
other belt will stand this. Send for book on Electro-medical
Treatments. The Dorenwend Electric Belt and Attachment
Co., 103 Yonge Street, Toronto. Mention this paper.

C. H. DORENWEND, Electrician.



BAILEY'S

Compound light-spreading

REFLECTORS

A wonderful invention for

illuminating Churches

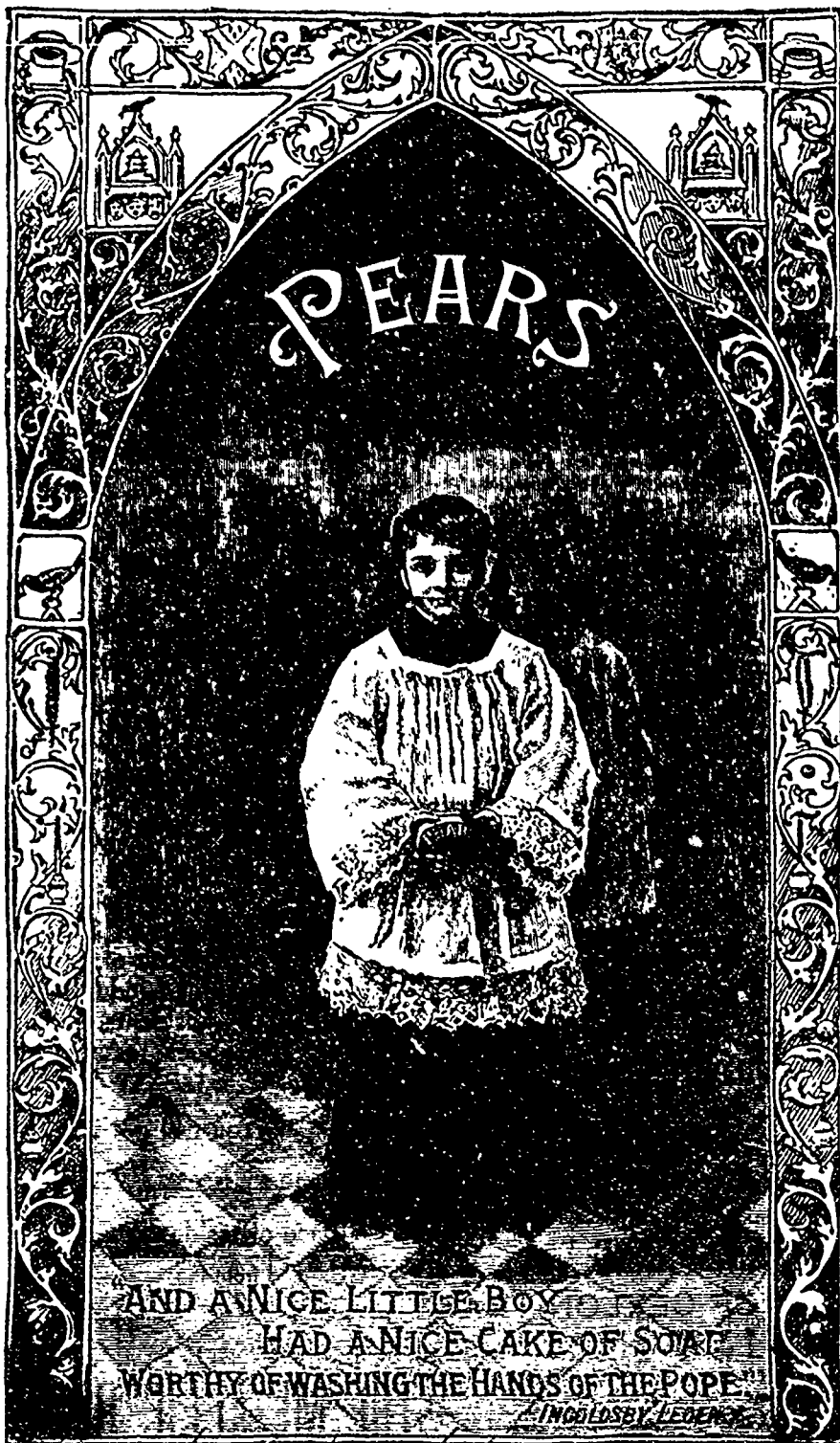
Halls, etc. Satisfaction

guaranteed. Catalogue

and prices sent free.

BAILEY REFLECTOR CO.

100 Park Ave. New York, N.Y.

RADWAY'S
ALWAYS RELIABLE PILLS PURELY VEGETABLE.

For the Cure of all DISORDERS OF THE STOMACH, LIVER, BOWELS, KIDNEYS, BLADDER, NERVOUS DISEASES, HEADACHE, CONSTIPATION, COSTIVENESS, COMPLAINTS PECULIAR TO FEMALES, PAINS IN THE BACK, DRAGGING PEEVING, etc., INDIGESTION, BILIOUSNESS, FEVER, INFLAMMATION OF THE BOWELS, PILES, and all derangements of the internal viscera.

DYSPEPSIA.

RADWAY'S PILLS are a cure for this complaint. They tone up the internal secretions to healthy action, restore strength to the stomach, and enable it to perform its functions. The symptoms of Dyspepsia disappear, and with them the liability to contract disease.

PERFECT DIGESTION.

Will be accomplished by taking RADWAY'S PILLS. By so doing DYSPEPSIA, HEADACHE, FOUL STOMACH, BILIOUSNESS will be avoided, the food that is eaten contribute its nourishing properties for the support of the natural waste and decay of the body.

Price 25 Cents per Box. Sold by all Druggists.

Send for our BOOK OF ADVICE to RADWAY & CO., 419 St. James Street,
MONTREAL.

TO ALL WHO NEED A HIGHLY NUTRITIOUS FOOD

It is of especial interest to know that

JOHNSTON'S



FLUID BEEF

is the most perfect form of Concentrated Food.

It is Palatable, Easily Digested, and Quickly Strengthens and Invigorates.

HOUSEHOLD HINTS.

APPLE CREAM.—Boil twelve large apples in water till ; take off the peel and press the pulp through a hair-sieve upon half a pound of granulated sugar, whip the whites of two eggs, add them to the apples and beat all together until it becomes very stiff and looks quite white. Serve it heaped up on a dish.

DOUGHNUTS (warranted not to soak fat).—Two cups of sugar, one cup of sour milk, one-half cup of sweet milk, two eggs (one will do) beaten very light, one teaspoonful of soda, the same of cream tartar, nutmeg or other spice to taste, a pinch of salt, flour to make a dough as soft as can be handled. Fry in hot fat, turning several times while frying.

ORANGE PUDDING.—Peel three large oranges, cut them in thin slices, remove the seeds. Put them in a pudding dish, and sprinkle over them one teacupful of sugar. Beat the yolks of two eggs with one tablespoonful of cornstarch and two of sugar. Add a quarter teaspoonful of salt, and stir it into a pint of boiling milk. As soon as it thickens, remove it from the fire, and when it is cool spread it over the oranges. Beat the white of the eggs to a stiff froth with two heaping tablespoonfuls of powdered sugar; put it over the top of the pudding, and brown it very slightly in a hot oven. Serve cold.

OUR NATIONAL FOODS.

Every grocer and general merchant who wishes to make hay while the sun shines should see to it without delay that he has in stock an assortment of our National Foods. They are gradually growing in popularity, and storekeepers who have not yet handled them would undoubtedly bring grist to their mills by doing so. Popular as these foods are, there is yet ground waiting for the wide awake business man to cultivate, and he who first breaks the soil will reap the first fruits. The Ireland National Food Co. (Limited) of Toronto are the manufacturers of these invigorating, health-giving and delicious foods, a partial list of which will be found in another column.

A WORD OF ADVICE.

Little troubles are proverbially the ones that cause the most worry, annoyance and vexation. But what are sometimes considered little troubles, if left to themselves, soon magnify into grave evils, producing disastrous results. This is especially true of cold in the head. The sufferer looks upon it as a trifling annoyance that needs no treatment and will speedily pass away. This is a grave mistake. There is not a case of catarrh in existence that did not have its origin in neglected cold in the head, and the longer the trouble runs the more serious the results. Cold in the head, developing into catarrh, renders the breath foul, causes a loss of the senses of taste and smell, partial deafness, distressing headaches, constant hawking and spitting, and in many, many cases ends in consumption and death. No case may have all the symptoms indicated, but the more the sufferer has the greater the danger. It is obvious, therefore, that no case of cold in the head should be neglected for an instant, and that to do so is courting further disease—perhaps death. Nasal Balm, in the most aggravated case of cold in the head, will give instant relief, and speedily effect a cure, thus preventing the developing of catarrh. No other remedy has ever met with the success that Nasal Balm has, and this is simply because it does all its manufacturers claim for it. As a precautionary remedy a bottle of Nasal Balm should be kept in every house. Sold by all dealers.

Dr. Price's
Cream
Baking
Powder

Used in Millions of Homes—
40 Years the Standard.