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For diseases of Stomach, Liver, Kidneys, Skin, Nervousness, Female Weakness, &c. Cures Rheumatism cured in three days.
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Cook's Friend Baking Powder
PURE, HEALTHY, RELIABLE
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TWO DIPLOMAS and THREE FIRST PRIZE MEDALS at London, Toronto, and Montreal; GOLD MEDAL, Hamilton, 1880; SILVER MEDAL, Ottawa, 1879.
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Watches,
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Every description of English, Swiss, and American Watches and Clocks cleaned, repaired and regulated.
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ESTABLISHED 1856.
H. W. EAST, manufacturer and importer of Umbrellas, Parasols, Trunks, Satchels, and Valises, to Her Royal Highness Princess Louise.
336 Yonge St. opposite Gould St., Toronto.
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Covering, mending and repairing promptly attended to. Call and see our stock of Umbrellas & Parasols.
P.S.—This is my ONLY place of business.

DR. AUSTIN'S PHOSPHATINE
CURES ALL NERVOUS DISEASES.
NEWMARKET, March 21, 1882.
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GENTS.—I have taken one bottle of Dr. Austin's Phosphatine, recommended by Dr. Brady, of this place, and have received great benefit from it. I believe that after taking five or six bottles I shall be quite free from a nervous tremor which has troubled me since I was 16, and now I am (61) sixty-one years of age.
Yours truly,
J. S. WETHERILL.

HALL'S VEGETABLE SICILIAN HAIR RENEWER.
This standard article is compounded with the greatest care. Its effects are as wonderful and satisfactory as ever. It restores gray or faded hair to its youthful color. It removes all eruptions, itching and dandruff; and the scalp by its use becomes white and clean. By its tonic properties it restores the capillary glands to their normal vigor, preventing baldness, and making the hair grow thick and strong. As a dressing nothing has been found so beneficial, or desirable.
Dr. A. A. Hayes, State Assayer of Massachusetts, says of it: "I consider it the best preparation for its intended purposes."

BUCKINGHAM'S DYE,
This elegant preparation may be relied on to change the color of the beard from gray or any other undesirable shade, to brown or black, at discretion. It is easily applied, being in one preparation, and quickly and effectually produces a permanent color which will neither rub nor wash off.
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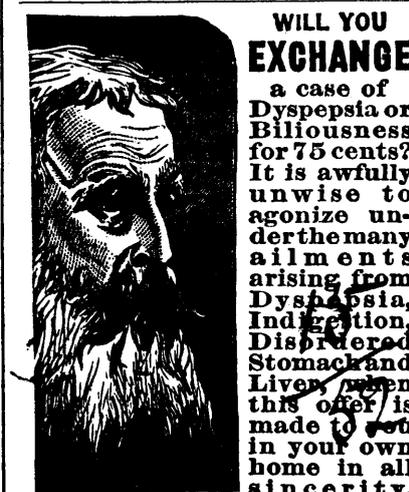
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THE GREAT GERMAN REMEDY FOR RHEUMATISM,
Neuralgia, Sciatica, Lumbago, Backache, Soreness of the Chest, Gout, Quinsy, Sore Throat, Swellings and Sprains, Burns and Scalds, General Bodily Pains,
Tooth, Ear and Headache, Frosted Feet and Ears, and all other Pains and Aches.

No Preparation on earth equals St. Jacobs Oil as a safe, sure, simple and cheap External Remedy. A trial entails but the comparatively trifling outlay of 50 Cents, and every one suffering with pain can have cheap and positive proof of its claims.
Directions in Eleven Languages.
SOLD BY ALL DRUGGISTS AND DEALERS IN MEDICINE.
A. VOGELER & CO.,
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WILL YOU EXCHANGE
a case of **Dyspepsia or Biliousness for 75 cents?**
It is awfully unwise to agonize under the many ailments arising from **Dyspepsia, Indigestion, Disordered Stomach and Liver,** when this offer is made to you in your own home in all sincerity, with an absolute certainty of curing you.
ZOPESA (from Brazil) cures Dyspepsia and Biliousness. A single dose relieves; a sample bottle convinces; a 75 cent bottle cures.
It acts directly upon the **Stomach, Liver, and Kidneys.** Cleansing, Correcting, Regulating, Zopesa gives energy and vim to the Brain, Nerve, and Muscle, simply by working wonders upon the Digestion, and giving activity to the Liver.
Get this out, take it to any dealer in medicines, and get at least one 75 cent bottle of Zopesa, and tell your neighbor how it acts. It is warranted to cure **Dyspepsia and Biliousness.**

NORMAN'S ELECTRIC BELT INSTITUTION,
ESTABLISHED 1874.
4 QUEEN ST. W. TORONTO.
Nervous Debility, Rheumatism, Lame Back, Neuralgia, Paralysis, and all Liver and Chest Complaints immediately relieved and permanently cured by using these BELTS, BANDS and INSOLÉS.
Circulars and consultation free.

Scientific and Useful.
VEAL POT PIE.—Cut in pieces two pounds of veal, and boil in water until tender; season and add six potatoes sliced; boil until done, and pour in a deep pan. Stir in a spoonful of flour and cover with a crust made like biscuit. Bake a light brown, but be sure to have plenty of gravy in the pie.
GRAHAM COOKIES.—Graham cookies are good at lunch with a cup of tea. Take two cups of sugar, one cup of sour cream, half a teaspoonful of soda; mix quickly, roll rather thin, and bake in a moderate oven. Possibly the inexperienced cook needs to be told that Graham flour must be cooked longer than wheat flour.
LEMON CREAMS.—Pare four lemons very thinly, and throw the peel into twelve tablespoonfuls of water. Squeeze the juice over eight ounces of finely-powdered sugar. Well beat the yolks of ten eggs, then add the peel, water and juice gradually, and strain it through the muslin into the stewpan. Stir it one way over a gentle fire till it becomes pretty thick, but do not let it boil. Serve in custard cups.
PEA SOUP.—Take a quart of shelled peas; boil the pods in a gallon of cold water until all the substance is boiled out of them; then skim them out, and put two pounds of beef into the pot. After the meat is boiled to shreds, skim the soup well, strain and return it to the pot; add the peas, with a little parsley, and let it simmer until the peas are quite tender; season with pepper and salt; thicken with a little butter and flour, let it boil up once and serve.
ANGELS' FOOD.—Angels' food (the custard and not the cake) is made in this proportion: Dissolve one box and a half of gelatine in one quart of milk. Add the well-beaten yolks of three eggs, one cup of sugar, the juice of one lemon. Let all just come to a boil. Then take it from the stove, and when it is nearly cold stir in the whites of the eggs, which you have beaten to a stiff froth; then flavour it with vanilla. Turn in a mould to cool. This is a delicacy suitable for dessert or for tea.
BARLEY GRUEL.—Barley gruel is an important article to the invalid's dietary. It is generally made too hastily, and thus much of its virtue is lost. Take two ounces of pearl barley; wash in clean cold water, then boil it for five minutes in a pint of water. Pour this water away, and put a quart of boiling water to the barley; let it boil for three hours, strain, and add any flavour; if that of lemon peel is desired, cut it very thinly, and infuse for ten minutes in enough cold water to cover it—stir the liquid into the barley gruel. Equal quantities of milk and barley gruel make a very nourishing drink, especially useful in febrile cases. Barley gruel should not be mixed with milk or syrup before it is required for use, as in a warm atmosphere it undergoes changes, and sometimes slightly ferments.
A DURABLE WHITEWASH.—The "Scientific American" gives the following as a durable whitewash: For one barrel of colour-wash, half a bushel of white lime, three pecks of hydraulic cement, ten pounds umber, ten pounds ochre, one pound Venetian red, quarter pound lamp-black. Slake the lime, cut the lamp-black with vinegar; mix well together; add the cement, and fill the barrel with water. Let it stand twelve hours before using, and stir frequently while putting it on. This is not white, but a light stone colour, without the unpleasant glare of white. The colour may be changed by adding more or less of the colours named, or other colours. This wash covers well, needing only one coat, and is superior to anything known, excepting paint.

THE SUPERINTENDENT IN LOVE.
Supt. E. J. O'Neill, of the Dominion Police Force, Ottawa, Canada, thus spoke to a representative of one of Ottawa's leading journals: "I am actually in love with that wonderful medicine, St. Jacobs Oil. I keep it at home and likewise here in my office, and though my duty should call me hence in an hour to journey a thousand miles, St. Jacobs Oil would surely be my companion. It is the most wonderful medicine in the world, without any exception. I believe. My entire family have been cured by it. We have used it for twenty different ailments, and found it worth half a score of doctors. My men here on the Dominion Police Force, use it right along, and very justly think that there is nothing like it. I believe it is the long-sought Elixir Vita, and possesses the power of making the old young again. I know it often enlivens me, and although I am past fifty years of age, I am, thanks to that wonderful agent, a lively man yet."