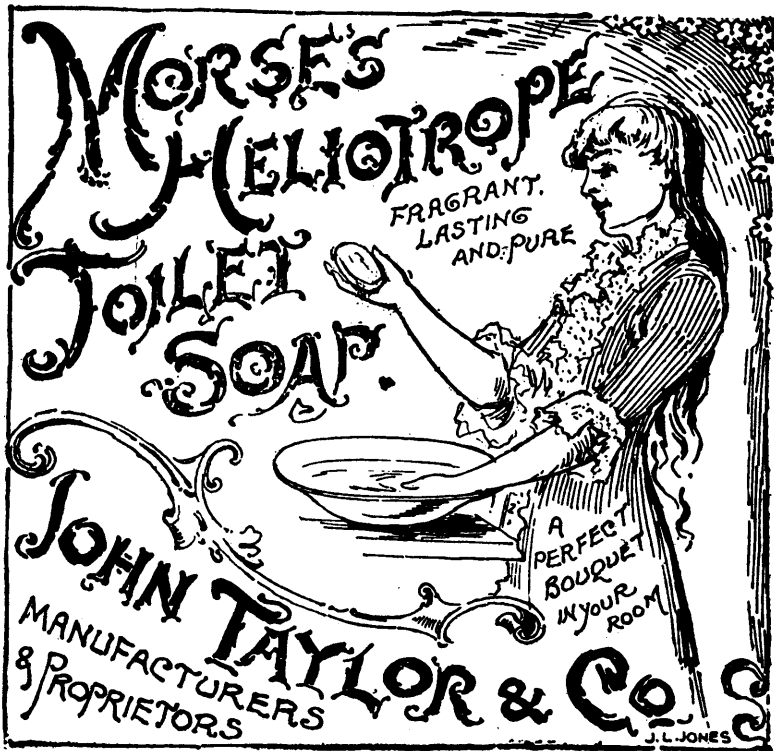


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While the best for all household uses, has peculiar qualities for easy and quick washing of clothes. **READ** the directions on the wrapper.

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And JOHNSTON'S FLUID BEEF a strong man.

All the strength-giving qualities of Prime Beef are present in JOHNSTON'S FLUID BEEF in a form available to all, as very little vital energy is needed in the process of perfect digestion and assimilation.

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An infallible remedy for Bad Legs, Bad Breasts, Old Wounds, Sores and Ulcers. It is famous for Gout and Rheumatism. For Disorders of the Chest it has no equal.

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Glandular Swellings and all Skin Diseases it has no rival; and for contracted and stiff joints it acts like a charm. Manufactured only at

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And sold by all Medicine Vendors throughout the World.

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SHORTHAND SCHOOL.

51 KING STREET EAST, TORONTO

Apply for Circulars.

"To Save Time is to Lengthen Life."

HEALTH AND HOUSEHOLD HINTS.

Fig Jam: Boil together one cup of chopped figs, half a cup of water, and half a cup of sugar. This is nice served with cream for the first course at breakfast, especially when fresh fruit is scarce.

Catarh in the head is a constitutional disease, and requires a constitutional remedy like Hood's Sarsaparilla, to effect a cure.

To prevent the juice from pipes running over, thrust little funnels of white paper into the cuts or on top, through which the steam may escape, and the juice boil up, and then run back into the pipe again when it stops cooking.

One-Egg Gems: Beat one egg without separating, add to it half a pint of milk, one tablespoonful of melted butter, half teaspoonful of salt, and then put in one cup of bread flour; add a teaspoonful of baking powder, beat thoroughly and bake in a moderately quick oven twenty to twenty-five minutes.

COUGHS AND COLDS.—At this season when coughs are so prevalent, an effectual remedy, and one easily obtained, is Perry Davis' Vegetable "Pain Killer." It is no new nostrum vended by unknown agents, but has stood the test of over fifty years; and those who use the article, internally or externally, will connect with it grateful recollections of its worthy inventor.

A Pickled Tongue is very nice for lunch or supper. Wash and put in a kettle of cold water; cover and cook slowly until tender; take out and put in a pan of cold water until it cools enough so you can peel it; lay it on a plate in a cool place; when entirely cold and ready to serve, slice very thin, cover the platter and garnish with parsley.

FOR COLDS AND SORE THROAT.

SIRS,—We use Haggard's Yellow Oil in our family for colds and sore throat and it is excellent. My sister had asthma since childhood, but on trying Yellow Oil for it she soon was cured.

MISS LIZZIE CHAPELLE, Baldwin, Ont.

Stains of fruit on good table linen can be removed without injury by using the following with care: Pour boiling water on chloride of lime, in the proportion of one gallon to a quarter of a pound, bottle it, cork it well, and in using be careful not to stir it. Lay the stain in this for a moment, then apply white vinegar and boil the table linen.

Arrowroot Jelly: To two teacupfuls of boiling water, add four teaspoonfuls of Bermuda arrowroot rubbed smooth in a little water. Let the mixture boil up at once, and then remove it from the fire. Cool in cups or jelly glasses. Eat with powdered sugar and cream. Some people prefer to have the cream flavoured with a little vanilla, lemon or rose-water.

FOR CLEARING THE VOICE BROWN'S BRONCHIAL TROCHES are highly esteemed by clergy men. "Preeminently the best"—Rev. Henry Ward Beecher. "I recommend their use to public speakers."—Rev. E. H. Chapin. "Of great service in subduing hoarseness."—Rev. Daniel Wise, New York. "An invaluable medicine."—Rev. C. S. Vedder, Charleston, S. C. They surpass all other preparations in removing hoarseness and allaying irritation of the throat. Sold only in boxes. Prices 25cts. a box.

Steak for broiling should not be thin, or it will be dry and hard. At the market ask them to cut your steak three-fourths of an inch thick; cut off the suet, grease the broiler and have it hot; lay the steak on the broiler over a bed of coals and turn the broiler often; when done, remove to a hot platter, sprinkle with salt and spread butter over it; serve immediately.

We've heard of a woman who said she'd walk five miles to get a bottle of Dr. Pierce's Favorite Prescription if she couldn't get it without. That woman had tried it. And it's a medicine which makes itself felt in toning up the system and correcting irregularities as soon as its use is begun. Go to your drug store, pay a dollar, get a bottle and try it—try a second, a third if necessary. Before the third one's been taken you'll know that there's a remedy to help you. Then you'll keep on and a cure'll come. But if you shouldn't feel the help, should be disappointed in the results—you'll find a guarantee printed on the bottle-wrapper that'll get your money back for you.

How many women are there who'd rather have the money than health? And "Favorite Prescription" produces health. Wonder is that there's a woman willing to suffer when there's a guaranteed remedy in the nearest drug store.

Dr. Pierce's Pellets regulate the Stomach, Liver and Bowels. Mild and effective.

To prevent scratches and stains, a mat should be placed under the table lamp. On a piece of old rose chamols mark a circle eight inches in diameter; cut it out and all around the edge sketch peach blossoms, some overlapping the others and as irregular as possible. Paint them in oils and outline each petal in carmine or purple lake. When dry cut out the edges and you have no idea what a pretty, durable mat you will have. You may use any other flower or any other colour of chamols you wish. Dogwood, pansies, wild roses, or any flower with broad petals will cut out neatly, and form a pretty edge.

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The Old Reliable House for Choice

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In 50 and 100 lb. boxes.

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Special Brand, the finest which can be made.

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Of all Grades and Standards.

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Of all Grades in Barrels and half Barrels.

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Of high class Syrups in Tins, 2 lb. and 8 lb. each

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Are a BLOOD BUILDER AND NERVE TONIC.

They supply in condensed form ALL the substances needed to enrich the Blood and to rebuild the Nerves, thus making them a certain and speedy cure for all diseases arising from impoverished blood, and shattered nerves, such as paralysis, spinal diseases, rheumatism, sciatica, loss of memory, erysipelas, palpitation of the heart, scrofula, chlorosis or green sickness, that tired feeling that affects so many, etc. They have a specific action on the sexual system of both men and women, restoring lost vigor.

WEAK MEN

(young and old), suffering from mental worry, overwork, insomnia, excesses, or self-abuse, should take these PILLS. They will restore lost energies, both physical and mental.

SUFFERING WOMEN

afflicted with the weaknesses peculiar to their sex, such as suppression of the periods, bearing down pains, weak back, ulcerations, etc., will find these pills an unfailing cure.

PALE AND SALLOW GIRLS

should take these Pills. They enrich the blood, restore health's roses to the cheeks and correct all irregularities.

Beware of Imitations. These Pills are sold by all dealers only in boxes bearing our trade mark or will be sent by mail, post paid, on receipt of price—50 cents a box or 6 for \$2.50.

THE DR. WILLIAMS MED. CO., Brockville, Ont., or Morristown, N.Y.

