

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,
313 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.

ROYAL CANADIAN PERFUMES.



ENGLISH VIOLETS,

MAY BLOSSOM,

PRAIRIE FLOWERS,

YLANG YLANG,

ETC., ETC.

The only Canadian Perfumes on the English Market.

London Depot—No. 1 LUDGATE SQ.

A Hand-som Card and Descriptive Circulars POST FREE on application.

LYMAN, SONS & Co., MONTREAL.

Books

New Books every week. Catalogue, 132 pages, free; not sold by Dealers; prices too low; buy of the Publisher, JOHN B. ALDEN, 393 Pearl St., New York



OF
IMPORTANCE
TO YOU.

We request all those seeking medical relief to write us confidentially and earn for themselves what

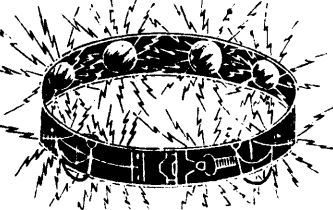
THE GREAT MODERN REMEDY

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 careful investigating, and not let others do it for him, else they will soon profit by his ignorance."

WM. RADAM MICROBE KILLER COMPANY, L^{td}
120 KING ST. W., TORONTO, ONT.

Please mention this paper.

The Dorenwend Electric Belt and Attachments



RELIEVE AND CURE ALL DISEASES
WITHOUT MEDICINE.

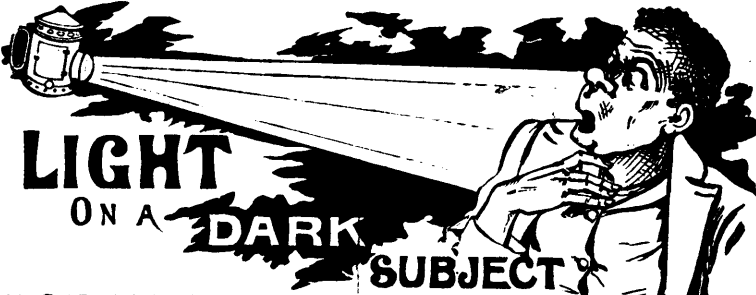
Indigestion, Liver and Kidney Complaints, Rheumatism, Neuritis, Lumbago, Gout, Spinal Disease, Nervous Prostration, Sleeplessness, Heart Troubles, Impotence, Seminal Weakness, and Disorders of the Nervous and Muscular Systems. Dorenwend's Appliances are the very latest in Electro-Medical Discoveries. 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.

DROPSY

Trusted with
Positively Cured
with Vegetable
Remedies. Have
cured many thou-
sands of cases pro-
nounced hopeless. From first dose symptoms rapidly disappear, and in ten days at least two-thirds of all symptoms are removed. BOOKS of testimonials of miraculous cures sent FREE. DR. J. H. GREEN & SONS, Specialists, Atlanta, Ga.

once every other
month



LIGHT ON A DARK SUBJECT

THE LIGHT OF SCIENCE TURNED ON DISEASE. A RADICAL CURE FOR A CHRONIC AILMENT. COMPOUND OXYGEN IS OZONIZED OXYGEN. IT IS CHARGED WITH ELECTRICITY. YOU INHALE IT. AT ONCE YOU TINGLE AND GLOW ALL OVER. TINGLE WITH THE VIM OF RE-AROUSSED FUNCTIONAL ACTIVITY, EXPANSION OF CHEST, QUICKENING OF CIRCULATION. WITH ALL THIS IN YOUR FAVOR IS IT LIKELY THAT DISEASE WILL MAINTAIN ITS HOLD UPON YOU? IF YOU HAVE YOUR FULL ALLOWANCE OF STRENGTH AND VITALITY WILL YOU SUFFER WITH NEURALGIA AND HEAD-ACHE? WILL YOU SINK FROM NERVOUS DEPRESSION? WILL HEMORRHAGES LAY WASTE THE LUNGS? LET JUDGMENT ANSWER.

A Book of 200 pages will tell you who have been restored to health and strength by the use of COMPOUND OXYGEN. Gives names and addresses. You get this Book Free. Write to

DRS. STARKEY & PALEN, No 1529 ARCH ST., PHILADELPHIA, PA.
20 SUTTER ST., SAN FRANCISCO, CA. 36 CHURCH ST., TORONTO, CANADA.



WE WOULD REMIND OUR CUSTOMERS

and the public that we are constantly replenishing our stock in all departments, and they will always find something New, and in the Latest Patterns and Styles. When you think of purchasing, be sure and look over our goods, as we are confident that we can suit you. Every article sold is guaranteed to be as represented. Our prices are always reasonable, and according to quality. Improvements in manufacture have so reduced the cost that we can sell you a really elegant outfit for much less money than the plainest and cheapest cost a few years ago. Give us a call and you will be surprised to find how cheaply we can fit you out. Looking will incur no obligation to purchase. Look and welcome.

Kent Bros.' Indian Clock Palace Jewellery Store, 168 Yonge St., Toronto.

Confederation Life

HEAD OFFICE, - TORONTO

INCREASES MADE IN 1890

In Income, - - -	\$55,168.00
In Assets, - - -	\$417,141.00
In Cash Surplus, - -	\$68,648.00
In New Business, - -	\$706,967.00
In Business in Force,	\$1,600,376.00

W. C. MACDONALD,

ACTUARY.

J. K. MACDONALD,

MANAGING DIRECTOR.

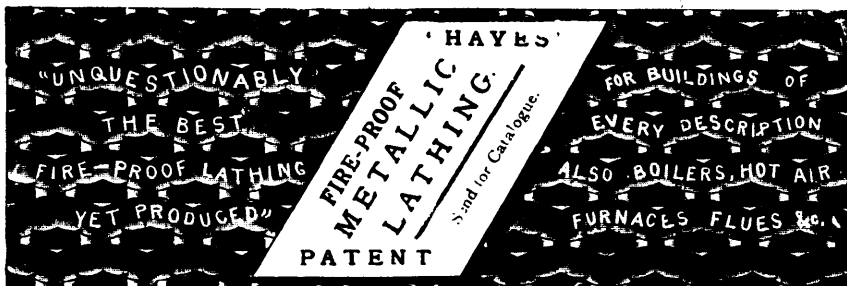
ESTABLISHED 1884.

TELEPHONE No. 1457.

INCORPORATED 1885.

THE METALLIC ROOFING Co. OF CANADA, Limited,

SOLE MANUFACTURERS IN CANADA OF



Eastlake Metallic Shingles. Mansard Shingles. Sheet Steel Bricks, Terra Cotta Tiles, Broad Rib Roofing, Tower Shingles, Elevator Siding, Corrugated Iron.

Office and Factory, Rear Nos. 84, 86, 88 and 90 Yonge Street, Toronto

23/52

HOLLOWAY'S OINTMENT

as an infallible remedy for Bad Legs, Bad Breasts, Old Wound Sores and Ulcers. It is famous for Gout and Rheumatism.

For Disorders of the Chest it has no equal.

FOR SORE THROATS, BRONCHITIS, COUGHS, COLDS,

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

Manufactured only at THOMAS HOLLOWAY'S Establishment, 87 New Oxford St. London;
And sold by all Medicine Vendors throughout the World.
N.B.—Advice Gratis, at the above address, daily, between the hours of 11 and 4 or by letter.

HOUSEHOLD HINTS.

SCRAMBLED EGGS.—One cupful of milk, one tablespoonful of butter, salt, pepper; beat ten eggs hard; let the milk come to a boil and add the eggs, stirring constantly.

STUFFED EGGS.—Halve ten hard-boiled eggs; take out the yolks and season, adding minced meat of any kind preferred; fill the eggs, join and put in a dish. Use bread crumbs and milk with the remainder of the mixture, pour over all and bake.

FRIED ONIONS.—Have frying pan hot, put in a good sized piece of butter (or meat fryings after frying meat), put in the onions sliced; sprinkle with pepper and salt and pour in just a little hot water, cover closely, let cook twenty minutes; add a teaspoonful of flour in a little milk, and when it boils it is ready to serve.

MAYONNAISE OF LOBSTER.—Empty the shell of a fine lobster, and cut the meat into pieces an inch square. Pound the lobster spawn and spread it over the lobster, which should be heaped upon a flat dish. Lay slices of cucumber on the top, and pour a mayonnaise sauce over. This sauce must be brought in a wide-mouthed pickle bottle.

AMERICAN CREAM.—Dissolve half a boxful of gelatine in a qt. of milk or cream, and boil over a hot fire when dissolved. Stir in the yolks of four eggs when this has boiled, and four tablespoonfuls of white sugar; then take from the stove and stir into this whites of four eggs beaten stiff, with four tablespoonfuls of confectionery sugar. Flavour to taste with vanilla or a little oil of almond. Keep for a few hours before using.

ESCALLOPED EGGS.—For this dish there will be required a number of hard-boiled eggs, some bread or cracker crumbs, chopped meat, chicken, veal, or ham, and some thick drawn butter (half a teacupful will be sufficient for five eggs) to which must be added a well beaten egg. Butter a pudding dish and put a layer of crumbs on the bottom; moisten them with milk or weak stock, or even water in which is a little melted butter; cut the eggs in slices, and dip each one in the drawn butter; make a layer of eggs, season with salt and pepper, then add a layer of chopped meat; if it is very dry, add a little stock, and continue with alternate layers until the dish is full. The last layer should be crumbs, dotted with little bits of butter. Bake until thoroughly cooked.

A TREAT for children can be made in place of the conventional pie or pudding. Make a crust as if for roly-poly pudding or baking-powder biscuit (using, however, just as little baking-powder as will answer, and a few experiments will convince any conscientious cook how little may successfully fill the place of the much she is often tempted to use); roll this dough about as thin as if for pie-crust then cut in small squares, heap berries or pretzels of any kind, after draining the juice from it, upon them, wet the edges, and fold and press closely together, so that there will be no waste of juice; then put them in a deep tin baking-pan, with a little lump of butter on each one, a little water also in the pan, and scatter some sugar over each little pudding; when these are done, serve them warm with a not too rich pudding sauce, or they may be eaten cold without sauce.

Dr. Price's
Cream
Baking
Powder

Used in Millions of Homes—
40 Years the Standard