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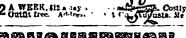
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"Independence, Texas, Sept. 26, 1882. Gentlement

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Has been used in my household for three

ist. To prevent falling out of the hair. 2d. To prevent too rapid change of color. 3d. As a drossing.

It has given entire satisfaction in every instance. Yours respectfully,

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AVER'S HAIR VIGOR is entirely free from uncleanly, Jangerous, or injurious substances. It prevents the hair from turning gray, restores gray hair to its original color, provents baldness, preserves the Kat and promotes its growth, cures dangers and all diseases of the hair and seein with at the same time, a very supplier and desirable dressing.

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C. W. DENNIS, 218 Yonge St., Toronto. 227 Please mention this paper.



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#### Scientific and Apeful,

THERE are people who dislike the taste of new milk, and yet are directed to take it. It will be made more palatable by sprinkling it well with salt.

If you cut the back legs of your chair two inches shorter than the front ones the fatigue of sitting will be greatly relieved, and the spine placed in a better position.

THE "wish-bone" has taken the place of the horse-shoe in decorative art; the floral "wish-bones" are hong over bridal parties at weddings, instead of the bell.

SCRAP BOX.—If you have no scrap box establish one for bits of velvet, silk and woollen scraps. The pretitest cushion I ever saw came from such a scrap box, the result of eight years' economy.

CLEAN LAMPS.—lerhaps nothing pays better interest on labour expended than a clean lamp; do not sigh for a patent chim-ney-cleaner, but take a piece of rattan and make one by tying on a bit of cotton.

LEMON PUDDING.—Three quarters of a pound of grated bread, six ounces of suet,

pound of grated bread, six ounces of suct, one-quarter of a pound of moist sugar, the peel of a lemon grated, and the juice, two eggs and a little milk to mix it. Boil three houses

INDIAN MEAL MUFFINS .- One cup of Indian meal scalded with a pint of water, when lukewarm stir in a pint of flour, half a teacup of yeast, and a tablespoonful of brown sugar. Let this rise all night and bake them in mustin rings.

Antique lace may be washed in borax-water, and after soaking awhile in it and then left for an hour or more in warm suds, the water should be squeezed out, and it should be pinned in shape on a clean board to dry. Do not iron it nor blue it.

RYE BREAD.—Scald one cup of flour with one cup of bolling water; add one teaspoonful of salt, four table-spoonfuls of molasses, a large half cup of yeast, three cups of rye, six cups of flour, three cups of warm water. Stir with a wooden spoon and let it rise Twelve hours.

LOBSTER SOUP WITH MILK. - Meat of a small lobster, chopped fine; three crackers rolled fine; butter, size of an egg; salt and peyper to taste, and a speck of cayenne. Mix all in the same pan, and add, gradually, a pint of boiling milk, stirring all the while. Boil up once and serve.

MUFFINS WITHOUT EGGS.—One quart of milk, two of flour, measure before it is sifted, two gills of yeast, one teaspoonful of salt, a a piece of butter about half as big as a hen's egg, warm milk enough to melt the butter, a little sugar if you like. Let it rise about twelve hours, bake in muffin rings on the griddle or in a quick oven.

ARTICLES of a delicate blue that must be MARTICLES of a delicate blue that must be washed are often ruined in the process; this may be avoided by adding an ounce of sugar of lead to a pailful of water, and letting the article lie in this for an hour and a half, or even two hours; let it dry then, after which it may be washed without injury. This is said to be a perfect remedy for the trouble referred to.

HOT CAKE FOR TEA - Delicious hot cake and to them half a cupful of sugar. Into one cupful of sour cream beat half a teaspoonful of soda dissolved in boiling water. Stir it into the eggs and sugar. Add a pinch of salt and flour enough to make it a thick batter for griddle cakes. Bake in "gem pans" or shallow biscuit pans, and serve nining hot. piping hot.

RESTLESSNESS, Morbid Anxiety, and RESTLESSNESS, Morbid Anxiete, and a fretful disposition, are usually met with in the dyspeptic. These mental indicia show how close is the connection between brain and stomach. Their most positive cause, dyspepsia, is a complaint for the hardlifton & Lyman's Vegetable Discovery and Good Punfier is used with unvarying species. It also remedies Biliousness, Constitution, and Impurity of the Blood.

Mrs. A. Nelson, Brantford, writes, "I

Impurity of the Blood.

MRS A. NELSON, Brantford, writes. "I was a sufferer from Chronic Dyspepsia for eleven years. Always after eating, an intense burning sensation in the stomach, at times very distressing, caused a drooping and languid feeling, which would fast for several hours after eating. I was recommended by Mr. Popplewell, Chemistof our origins to try Northrop & Lyman's Vegenable blackery and Dyspeptic Cure, and I am has will to say that I have not been better is years; that burning sensation and languid feeling has all gone, and food does not lie heavy on my stomach. Others of my family have used it with best results."

PLEASANT as syrup; nothing aquals it as a worm medicine; the name is Moring Graves' Worm Exterminator,

CHRISTIAN content opens all lawful avenues of enterprise, bids us use all our faculties and make the most of them, and when we have done our best, gratefully accept the results God sends.

NAMES, FACTS AND FIGURES .- Will be cheerfully given by the proprietors of Burdock Blood Bitters, regarding to many certificates of wonderful cures made by that medicine in chronic diseases of the food, liver and kidneys, revealing proof that is beyond the possibility of dispute by the most incredulous.

II. F. MACARIHY, Wholesale and Retail Druggist, Oltawa, writes: "I was afflicted with Chronic Bronchitis for some years, but have been completely cured by incluse of Dr. Thomas' Eclectric Oil in the Dr. Thomas' Eclectric Oil in the

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