

"Citizens of Toronto, rejoice and be glad." You have within your reach a mineral water called St. Leon, which, for gout, rheumatism and diseases of the kidneys, including diabetes and even Bright's disease of the kidneys, when freely used, is superior to all other mineral waters without any exception. It contains purgative and revivifying agents of the highest order. For persons in health it is an excellent regulator and health preservative as well as an agreeable beverage. It is the strongest antidote known to science as a blood purifier. To crown all, it carried off the gold medal and diploma, the highest honours awarded at Quebec, in September, 1887, the judges giving it a very strong recommendation. The company owning the St. Leon Springs, have a fine hotel in connection with them, managed by your well-known fellow-citizen, Mr. M. A. Thon as, than whom as a caterer there is none such. The hotel opens on the 15th of June with a full staff of efficient cooks and waiters and with rates to suit all. They expect to fill the hotel, which can accommodate between five and six hundred guests. The baths in connection are an institution that many of our own citizens can speak of in the most glowing terms. Mr. Thon invites you all to come, to drink and to be merry.

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

— HEAD OFFICE —

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Branch Office at Tidy's Flower Depot, 164 Yonge Street



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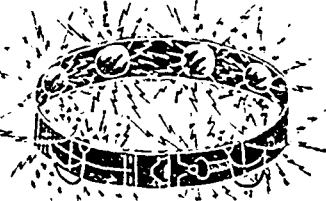
can do for them. To heal the sick we must destroy the cause: to do this the remedy must be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is a humbug. No Electricity. "Health without Medicine," which contains nothing 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."

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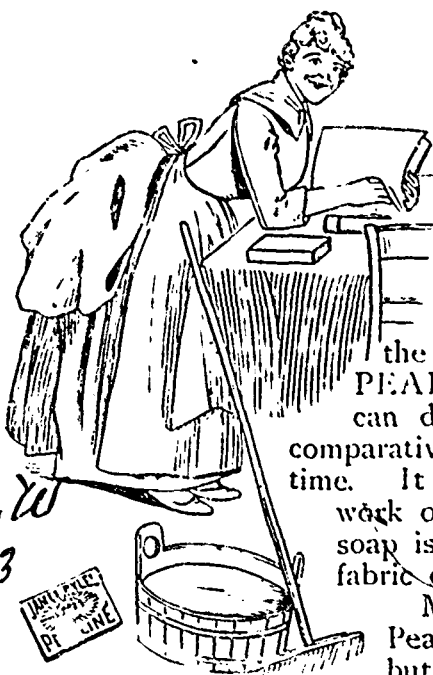
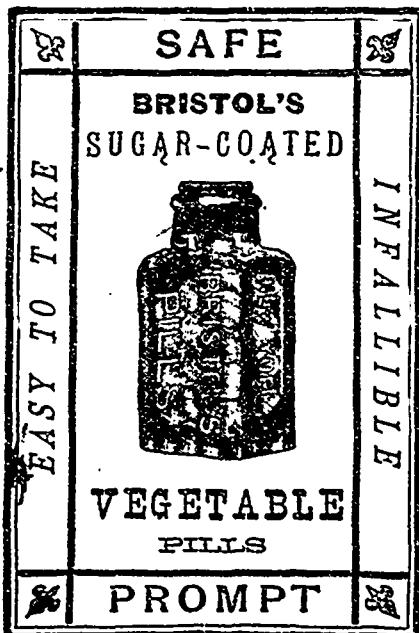
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Manufactured only by JAMES PYLE, New York.



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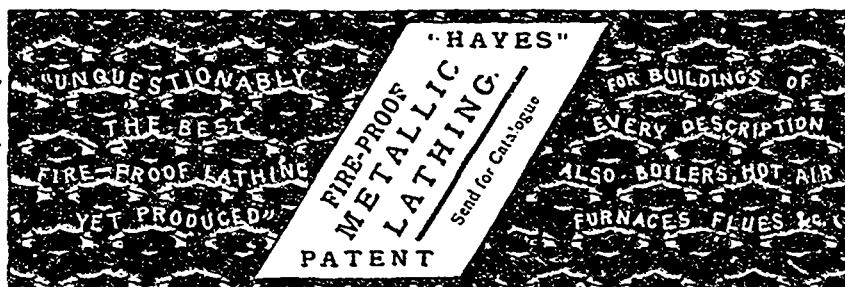
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IMPARTS

ROBUSTNESS, LUSTINESS, VIGOR.

An invaluable means of developing firmness of muscle, power of endurance and general healthfulness.

HOUSEHOLD HINTS.

POTATO FRITTERS.—To two cups warm washed potatoes add two tablespoonfuls cream and two tablespoonfuls wine, one teaspoonful salt, a slight grating nutmeg and a few grains cayenne; add three eggs and two yolks well beaten and beat till cool; add one-half cup of our and drop by the spoonful into hot lard. Fry light-coloured and drain on paper.

MOLASSES GINGERBREAD.—One cup of molasses, one-half cupful of sour milk, one (level) teaspoonful of soda, dissolved in one tablespoonful of hot water and stirred into the sour milk. A piece of butter and a piece of nice lard, each as large as an egg, melted and added to the above; one-half teaspoonful salt, two cupfuls of sifted (pastry) flour, and one teaspoonful of ginger.

SYRUP OF CHERRIES.—Procure some fine ripe cherries, take off the stems; crush the fruit and leave them in this state for twenty-four hours. Then strain the juice through a sieve by squeezing the cherries, and afterward through a jelly bag. When the liquor is very clear weigh it and in a pint of juice dissolve two pounds of white sugar; then put it into preserving pan; boil up once, and take off the scum; strain it and put it into small bottles.

CHERRY PIE.—The common red or maroon cherries make the best pies. Stone the cherries. Line deep pie dishes with good plain paste; fill them nearly full of stoned cherries, sprinkle over four large tablespoonfuls of sugar, and dredge this lightly with flour; cover with the upper crust rolled out as thin as possible, and trim the edges neatly with a sharp knife. Make a vent in the centre; press the edges tightly together, so that the juices of the fruit may not run out while baking. Serve the same day they are baked, or the under crust will be heavy.

BROWN BREAD.—For four loaves of bread, take not quite one cake of yeast foam dissolved in luke-warm water. Take a bowl and put in three cups of warm water, three tablespoonfuls of sugar, a large tablespoonful of butter and one of salt. Let them melt; then add white flour to make a stiff sponge; then add the yeast foam dissolved as above, and set to rise over night. In the morning stir in two heaping cups of brown flour, and mix well, then white flour until of the consistency to knead. Set in a warm place to rise. After rising, make out in four loaves and set away again to rise for baking. After the bread is baked, cover it up on the table in the pans ten minutes before removing.

APRICOT CREAM.—Drain the juice from a tin of preserved apricots, add to it an equal quantity of water; make a syrup by boiling with this half a pound of lump-sugar until it begins to thicken; then put in the apricots and simmer them gently for ten minutes. Drain away the syrup, and put both it and the fruit aside separately for use as directed. Dissolve the contents of a large tin of almond-flavoured blanc mange in a pint and a-half of boiling milk, and, when at the point of setting put a teaspoonful of it gently into a mould, then a layer of the apricots; wait a minute or two before putting in another cup of cream, then fill the mould with alternate layers of fruit and cream. Let the cream stand some hours before turning out, and when it is on its side pour round it the syrup of apricots.

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Cream
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Used in Millions of Homes—
40 Years the Standard.