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The term Ayda may be used to represent a manifold evil. If you would battle successfully with this many-headed monster of disease you will find it expedient to keep Mrs. Pinkham's Vegetable Compound always at hand.—Dr. Banning.

Do boldly what you do at all. Boldly do we affirm that Kidney-Wort is the great remedy for liver, bowels and kidney diseases. Rheumatism and piles vanish before it. The tonic effect of Kidney-Wort is produced by its cleansing and purifying action on the blood. Where there is a gravelly deposit in the urine, or milky, rose urine from disordered kidneys, it always cures.

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Clears out rats, mice, roaches, bed-bugs, skunks, chipmunks, etc. 15c. Druggists

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AYER'S Pills promote digestion, improve the appetite, restore healthy action, and regulate the secretive functions of the body, thus producing a condition of perfect health.

If you are a professional man, an editor, lawyer, clergyman, or doctor, so thoroughly overworked that every mental effort is attended with a sense of weariness, followed by headache and more or less severe nervous prostrations take a dose of DR. AUSTIN'S PHOSPHATINE along with your meals every day for a week or more, and we are certain it will relieve you. For sale by all druggists.

Of all the ills that flesh is heir to kidney disease is the most distressing. To sufferers, we can only say, take DR. VAN BUREN'S KIDNEY CURE at once, and thus obtain a relief you cannot find elsewhere. All Druggists have it.

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Quick, complete cure. Cleansing Kidney, Bladder and kindred Disorders. \$1. Druggists.

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Scientific and Useful.

ELDERBERRY Jelly is very nice, and is often much liked by one who is sick. Cook the berries until they are soft, then strain them through a jelly bag. To every pint of juice add a pint of white sugar. If you prefer to do so you may take two-thirds of the elderberries and one-third of green or ripe grapes.

PEACH SHORT-CAKE.—For peach short-cake, make a dough as for soda biscuits, only shorter; roll to one-fourth of an inch thick and place on a baking-tin; spread this with butter, and place another layer of dough on top. Bake in a quick oven. While hot, separate the two layers, and spread mashed fresh peaches with plenty of sugar between, also over the top, and serve with cream.

A CHEAP TEA CAKE.—An inexpensive tea cake is made of one cup of sour milk, one cup of sugar, half a cup of butter, one egg, one cup of raisins (stoned and chopped), one teaspoonful of soda dissolved in a little hot water, one teaspoonful of spices, and two cups and a half of flour. This should be eaten while fresh, but if it is not, after two or three days, beat the white of an egg to froth and add sugar enough to make a frosting for the top of the cake. This will ensure its being eaten if there are children in the family.

THE washerwomen of Holland and Belgium, so proverbially clean, and who get up their linen so beautifully white, use refined borax as washing-powder instead of soda, in the proportion of one large handful of borax powder to about ten gallons of boiling water. They save in soap nearly half. All of the large washing establishments adopt the same plan. For faces, cambrics and lawns an extra quantity is used, and for crinolines requiring to be made stiff, a strong solution is necessary. Borax being a neutral salt does not in the slightest degree injure the texture of the linen. Its effect is to soften the hardest water.

FRICANDEAU OF VEAL.—What is called a fricandeau of veal is simply a cushion of veal trimmed into shape, larded and braised. Cut three or four pounds from a fillet of veal, form it into an oval shaped loaf, and lard it on top. Put some pieces of pork into a saucpan with two slices of carrot, an onion, with cloves stuck in, a stick of celery, and some parsley. Place the veal on this, larded side up. Sprinkle over pepper, salt and a little flour, and cover it with well-buttered paper. Now fill the pan with boiling stock, or water enough to just cover the meat. Cover with a light lid and put it into a hot oven. It will take about two hours or two hours and a half to cook. It may be garnished with green peas, or spinach or sorrel. It is often served on a bed of mashed potatoes, or garnished with potato balls. The best sauce for a fricandeau is a tomato-sauce.

SUGAR has been denounced by modern chemists as a substance the effects of which on dyspeptics are deplorable. A writer in "The Medicin Practicien," however, does not partake of these fears. He cites the case of a dyspeptic doctor, who, for twenty years had a terror of sugar, but who now consumes three and three-fourth ounces of sugar daily, without inconvenience. Entering the field of experiment in this direction, he found that a dog ate eighty grains of sugar with two hundred of other food, and six hours afterward its stomach showed but little food; the mucous lining of the stomach was red and highly congested, and the congestion of the liver was notable. An animal opened after eating two hundred grains of food and no sugar, showed ninety to one hundred grains of food undigested. Sugar, then, favours the secretion of the gastric juice.

IN TORONTO

Since the removal of Dr. M. Souveille's Throat and Lung Institute to his new quarters, 173 Church street, hundreds suffering from catarrh, catarrh of the lungs, bronchitis, asthma and many diseases of the throat and lungs have received treatment by his new and wonderful instrument, the spirometer, which conveys medicines in the form of cold inhalations to the parts diseased. Physicians and sufferers can try it free. Poor people bearing certificate will be furnished with spirometer free. Write enclosing stamp for pamphlet giving full particulars, to Dr. M. Souveille, ex-aide surgeon of the French army, 173 Church street, Toronto, or 13 Phillips' Square, Montreal.

MISS McLAUGHLIN, (Late of New York) Fashionable Dress and Cloak Maker, 130 CHURCH STREET, TORONTO.

A NOTED BUT UNTITLED WOMAN.

(From the Boston Globe.)



Moore, Editors.—The above is a good likeness of Mrs. Lydia E. Pinkham, of Lynn, Mass., who above all other human beings may be truthfully called the "Dear Friend of Woman," as some of her correspondents love to call her. She is zealously devoted to her work, which is the outcome of a life-study, and is obliged to keep six lady assistants, to help her answer the large correspondence which daily pours in upon her, each bearing its special burden of suffering, or joy at release from it. Her Vegetable Compound is a medicine for good and not evil purposes. I have personally investigated it and am satisfied of the truth of this.

On account of its proven merits, it is recommended and prescribed by the best physicians in the country. One says: "It works like a charm and saves much pain. It will cure entirely the worst form of falling of the uterus, Leucorrhoea, irregular and painful Menstruation, all Ovarian Troubles, Inflammation and Ulceration, Floodings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life."

It permeates every portion of the system, and gives new life and vigor. It removes faintness, flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. It cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indigestion. That feeling of boarding down, causing pain, weight and backache, is always permanently cured by its use. It will at all times, and under all circumstances, act in harmony with the law that governs the female system.

It costs only \$1. per bottle or six for \$5., and is sold by druggists. Any advice required as to special cases, and the names of many who have been restored to perfect health by the use of the Vegetable Compound, can be obtained by addressing Mrs. P., with stamp for reply, at her home in Lynn, Mass.

For Kidney Complaint of either sex this compound is unsurpassed as abundant testimonials show.

"Mrs. Pinkham's Liver Pills," says one writer, "are the best in the world for the cure of Constipation, Biliousness and Torpidity of the Liver. Her Blood Purifier works wonders in its special line and bids fair to equal the Compound in its popularity."

All must respect her as an Angel of Mercy whose sole ambition is to do good to others.

Philadelphia, Pa. (C) Mrs. A. M. D.

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Vitalizes and Enriches the Blood, Tones up the System, Makes the Weak Strong, Builds up the Broken-down, Invigorates the Brain, and CURES

Dyspepsia, Nervous Affections, General Debility, Neuralgia, Fever and Ague, Paralysis, Chronic Diarrhoea, Boils, Dropsy, Humors, Female Complaints, Liver Complaint, Remittent Fever, and

ALL DISEASES ORIGINATING IN A BAD STATE OF THE BLOOD, OR ACCOMPANIED BY DEBILITY OR A LOW STATE OF THE SYSTEM.

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Supplies the blood with its Vital Principle, or Life Element, IRON, infusing Strength, Vigor and New Life into all parts of the system. BEING FREE FROM ALCOHOL, its energizing effects are not followed by corresponding reaction, but are permanent.

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