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Boldly do we affirm that Kidney-Wort is the great tonedy for liver, bowels and kidney diseases. Resumatism 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, for urine from disordered kidneys, it always cure.

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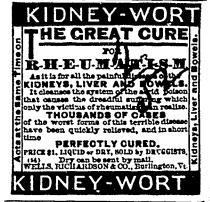
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Of all the ills that flesh is leir to kidney disease is the most outressing. To sufferers, we can only say, take Dr. Van Burren's Kidney Cure at once, and thus obtain a relief you cannot fad elsewhere. All Druggists have it.

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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-CAKES.—For peach short-PEACH SHORT-CAKES.—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 Druggists

The Dianrand Des all the more than they claim to Colorn a hold dress. It will lest like new. Ayen's Pills phomote direction, improve the appetite, reaton, heafthy action, and regulate the secretive unknown of the body thus producing condition of perfect health.

In you are a professional man, an editor.

The point 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 laces, cambrics and lawns an ex-tra quantity is used, and for crinolines re-quiring 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 hard-est 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 saucepan with two slices of carrot, an onion, with allower study in a visit of the state of the saucepan with the slices of carrot, an onion, with allower study in a visit of the state of the saucepan with saucepan 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 toes, or garnished with potato balls. The best sauce for a fricandeau is a tomatosauce.

SUGAR has been denounced by modern 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 onness of sugar daily, without inconvenience. Entering the field of 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. 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, bundreds suffering from catarrh, catarrha desiness, bronchitis, asthma and many diseases of the thoat and astima and many diseases of the file 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 deceased. 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 12 army, 173 Church street, Toronto, or 13 Phillips' Square, Montreal.

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Mesers, Editors:—

The above is a good likeness of Mrs. Lydis E. Flinkham, 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 open her, each bearing its special burden of suffering, or Joy at release from it. Her Vegetable Compound is a medicine for good and not sevil purposes. I have personally investigated it and am astisfied 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, Leucorthosa, irregular and painful Menstruation, all Ovarian Troubles, Inflammation and Ulceration, Floedings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life."

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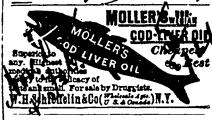


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