

BY THEIR FRUITS YE SHALL KNOW THEM.

Bowmanville, Jan. 5th, 1883.

Dear Sirs.—I have been a sufferer for many years with bilious colic and torpid liver. I tried one of the Notman Pads and derived great benefit from it. I can heartily recommend them to persons affected in the same way. I would not be without one on any account.

One member of my family has been troubled for years with sick headache. A Pad effected a cure, while pills and nostrums did not benefit in the least.

Yours Respectfully,

HENRY MANN.

Regular Pad, 5c, sent free by mail on receipt of price. Send for description treatise.

NOTMAN PAD CO'Y, 55 FRONT ST. EAST, TORONTO

A Fair Exchange.

Will you exchange a chronic case of Dyspepsia, or agree to break up a Bilious Temperament—to give your torpid liver activity, and thus strengthen your Digestion; regain energy, comfort, health, spirits, all for 75c? A single bottle of ZOPESA will do this. A few doses surprise those who try ZOPESA. For Biliousness and Dyspepsia in their many forms, ZOPESA is Panacea, and is warranted to cure them. It acts speedily and pleasantly. Try a 10 cent sample.



THE GREAT CURE FOR RHEUMATISM

All complaints of a Rheumatic nature, RHEUMATISM is not a sovereign remedy for the ills that flesh is heir to, but for NEURALGIA, SCIATICA, RHEUMATISM, and complaints of Rheumatic nature, IT IS A SURE CURE.

From Mrs. N. H. Pawling, wife of one of the largest Fruit Growers in the County of Lincoln, Ont.

LOUTH, April 20th, 1881.

J. N. SUTHERLAND, Esq., St. Catharines, Ont.

DEAR SIR.—I am much pleased to be able to inform you of the marked improvement in the condition of my wife since she has used the "Rheumatism."

For upwards of four years she has been unable to leave her chair without assistance, the greater part of the time her hands, feet, and limbs have been much distorted and almost powerless, while her sufferings from pain have been constant and frequently excruciating.

Four bottles of your preparation have driven away her pain, restored sleep, and by reducing the swelling about her joints, have so much improved the action of her joints that she can now feed herself at the table, and be carried from room to room without suffering pain. The benefit to her has been wonderful and should it cease now, I should still feel that a great obligation rests upon you for your kindness in bringing this relief within my reach.

I hope, however, to find even greater results from the use of the remedy.

Truly yours, N. H. PAWLING.

SOLD BY ALL DRUGGISTS. The Rheumatism Manufacturing Co., St. Catharines, Ont.

MESSES. NORTHROP & LYMAN, WHOLESALE AGENTS, TORONTO.

1000,000 Choice Lands. In the Great West Belt. For sale by the WINONA & ST. PETER RAILWAY CO. at \$2 to \$5 per Acre, on easy terms and low interest. Lowest fare and freight. Fare refunded for healthful homes. The land is well adapted for healthful homes. Address: Market facilities. For Gold and Silver, please fall information F. R. E. & Co., GEORGE E. SIMMONS, Land Commissioner of Chicago & Northwestern Railway Co., Chicago, Illinois. Mention this paper.

WOMAN CAN SYMPATHIZE WITH HEALTH OF WOMAN IS THE HOPE OF THE RACE. LYDIA E. PINKHAM'S VEGETABLE COMPOUND. A Sure Cure for all FEMALE WEAKNESSES, including Leucorrhoea, Irregular and Painful Menstruation, Inflammation and Ulceration of the Uterus, Flooding, PRO-LAPBUS UTERI, &c.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the Blood, at the same time will give tone and strength to the system. As marvellous in results as the Compound. Both the Compound and Blood Purifier are prepared at 23 and 25 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. The Compound is sent by mail in the form of pills, or of lozenges, on receipt of price, \$1 per box for either. Mrs. Pinkham freely answers all letters of inquiry. Enclose 3 cent stamp. Send for pamphlet. Mention this paper. LYDIA E. PINKHAM'S LIVER PILLS cure Constipation, Biliousness and Torpidity of the Liver. 50 cents. Sold by all Druggists.

WELLS, RICHARDSON & CO'S IMPROVED BUTTER COLOR A NEW DISCOVERY. For several years we have furnished the Dairywomen of America with an artificial color for butter, so meritorious that it has with great success everywhere. It is the best and only prize at both International Dairy Fairs. But by patient and scientific research we have improved in several particulars, and now offer this new color as the best in the world. It will Not Turn Rancid. It is Strongest, Brightest and Cheapest Color Made. And, while prepared in oil, is so compounded that it is impossible for it to become rancid. BEWARE of all imitations, and of all other oil colors, for they are liable to become rancid and spoil the butter. If you cannot get the "Improved" write us to know where and how to get it without extra expense.

KIDNEY-WORT FOR THE PERMANENT CURE OF CONSTIPATION. No other disease is so prevalent in this country as Constipation, and no remedy has ever equalled the celebrated KIDNEY-WORT as a cure. Whatever the case, however obstinate the case, the remedy will overcome it. THIS distressing complaint is very apt to be complicated with constipation. Kidney-Wort strengthens the weakened parts and quickly cures all kinds of Piles even when physicians and medicines have before failed. If you have either of these troubles, PRICES: USE Druggists Sell.

THE PEOPLE'S FAVORITE THE OLD-ESTABLISHED Gode's Friend Baking Powder PURE, HEALTHY, RELIABLE Manufactured only by W. D. McLAREN, Retailed Everywhere. 55 & 57 College St.

Scientific and Useful.

If you put soda in the water with which you are to wash windows you will find that finger-marks, putty stains, etc., will be much more easily removed than if clear water alone is used.

A TABLESPOONFUL of strong coffee put in the gravy of melted butter, pepper and salt to be poured over beefsteak imparts a delicious flavour to gravy and meat. It makes the gravy a rich brown.

PALMETTO FLANNEL CAKES.—One pint of buttermilk, two well beaten eggs, flour enough to make a stiff batter. The flour to be mixed, half wheat and half corn flour. Put a spoonful of sea-foam into the flour, and cook on a griddle.

BREAKFAST WAFFLES.—After breakfast stir into the hominy that is left one teaspoonful of butter and a little salt. Set it aside. The next morning thin it with milk and add two eggs, beaten well. Stir in flour enough to make the right consistency, and bake in waffle-irons.

SCOLLOPED POTATOES.—Pare and cut the potatoes in small pieces and nearly fill your pudding dish, strewing the layers with butter, salt and pepper and a little flour. Pour over them a cup of milk or more if your dish is large, and bake in the oven. The probability is, you will have to make one next day.

WARMED OVER POTATOES.—Treat these in the same way as the scolloped, leaving out the flour and using less milk. It is a much nicer way than slicing them into an old tin basin and giving a stir now and then with an iron spoon while part of the potato and all the butter burns on and flavours the mess.

RICK CHICKEN PIE.—Line a pudding dish with slices of broiled ham, cut up a boiled chicken and nearly fill the dish, filling in with gravy or melted butter; add minced onions, if you like, or a little curry powder; then pile boiled rice to fill interstices, and cover the top quite thick. Bake it for a half or three-quarters of an hour.

In these days when eggs are so expensive, it is worth something to know that one egg will settle a pound of coffee. Warm it in the oven, break in the egg and stir two or three minutes. Every kernel will be glazed and the coffee clear as wine. Ground coffee can be treated in the same way. It must not get so hot as to cook the egg.

A CHILD'S STOMACH.—A good way to regulate a child's stomach and bowels is to give him a little bowl of oatmeal and milk every day for breakfast or dinner; see that it is well salted, as salt promotes digestion. The ailments of a child who is in a normal condition almost always proceed from the stomach, and much may be done for our children by paying some attention to their diet, and to avoid giving medicine as much as possible.

SINKING ashes is a great waste of time and good clothes. Wet the cinders dumped in the fire pan and bank the fire after dinner. Leave the drafts open until the mass ignites, then nearly close and you have a good fire until ten o'clock at night. The next morning throw all this slag away; it is completely exhausted. There must be a good live bed of coals to cover with the damp cinders. This fire will do everything it ought to for supper except broil steak and toast bread. Leave them for the next night when there will be no cinders to burn.

A FINE RECIPE FOR SAVOURY BEEF.—Three and a half pounds of lean uncooked beef, pound it, and chop as fine as possible, take out all the strings, and add to it six square soda crackers, rolled fine, butter the size of an egg, warmed a little but not melted, four tablespoonfuls of sweet cream, three eggs broken over the meat, a whole nutmeg grated, four teaspoonfuls of salt, two and a half of black pepper, and a tablespoonful of sweet marjoram; knead well, make it in two rolls, about the size of a beef's tongue, press closely and bake one hour, basting frequently with butter and water. When cold cut in thin slices for tea-table or luncheon.

"The Only One in America." The International Throat and Lung Institute, Toronto and Montreal is positively the only one in America where diseases of the air passages alone are treated. Cold inhalations are used through the Spirometer, an instrument or inhaler invented by Dr. M. Souville of Paris, ex-aide d'ordonne of the French army, with proper dietetic, hygienic and constitutional treatment suitable to each case. Thousands of cases of Catarrh, Laryngitis, Bronchitis, Asthma, Catarrhal Deafness and Consumption have been cured at this institute during the past few years. Write, enclosing stamp, for pamphlet, giving full particulars and reliable references to 173 Church street, Toronto, Ont.; 13 Phillip's Square, Montreal, P. Q.

When the fountains of life are not corrupted and embittered by suffering; when the functions of womanhood are strictly normal, woman life is like music, with no discord to jar her delicate sensibilities and break the vital and organic harmony. But many who suffer from vital and functional disorders have found immediate relief and a permanent cure by using Mrs. Lydia E. Pinkham's Vegetable Compound.

Kind words can never die, and there are none but kind words spoken regarding Haggard's Yellow Ointment, that old reliable remedy for external and internal use. It cures rheumatism, deafness, sore throat, and all soreness and wounds of the flesh.

It is a great art to do the right thing at the right time. The person subject to derangement of the kidneys or liver has a protective duty to perform in purchasing a package of Kidney-Wort. It invigorates these organs and by its cathartic and diuretic effect, cleanses the whole system of all bad humours.

Mrs. J. G. ROBERTSON, of Toronto, was cured of general debility, loss of appetite, etc. She says that life was burdensome until she used Burdock Blood Bitters. She also states that "she feels better than for years, and cannot praise Burdock Blood Bitters too much." The best medicine known for all diseases of blood, liver, and kidneys.

Feather ribbons, velvet can all be coloured to match the new hat by using the Diamond Dyes. 10 cents for any colour.

SAYS HADDEN: "She knows her man, and when you read and sweat Can draw you to her with a single hair."

But it must be beautiful hair to have such power; and beautiful hair can be ensured by the use of CHINA HAIR RENEWER. Sold at 50 cts.

STAINED GLASS SUBSTITUTE. We are pleased with the sheets of Artificial Stained Glass pasted on the glass in the Mrs. W. Chubb windows, and gladly recommend it to others. W. HARTMAN, Bloomsburg, Pa. July 2, 1882. It is cheap, durable and an exact fac-simile of the Genuine Stained Glass. Can be applied by anyone. Used everywhere. Testimonials by thousands. Sample 25c. Coloured price list etc., free. Agents wanted. L. LUMSDEN, Pub Ornamental Casket Agents Herald, etc. Sole Licenses, 121 Arch St., Phila., Pa.

KIDNEY-WORT IS A SURE CURE for all diseases of the Kidneys and LIVER. It has specific action on the most delicate organ, enabling it to throw off its waste and function, stimulating the healthy action of the bile, and by keeping the bowels in condition, ensuring its regular discharge. Malaria. If you are suffering from malaria, have the chills, are bilious, dyspeptic, or constipated, Kidney-Wort will surely relieve & quickly cure. In this season to cleanse the system, every one should take a thorough course of it. (11) SOLD BY DRUGGISTS. Price 50c.

PILES IMMEDIATELY RELIEVED and the worst cases eventually cured by the use of THE MEDICAL PILE REMEDY. Sent by post, with complete instructions, on receipt of 5c. HUGH MILLER & CO., 167 King Street East, Toronto.

DR. BAXTER'S MANDRAKE BITTERS FOR THE CURE OF GENERAL DEBILITY, LOSS OF APPETITE, SORE STOMACH, DYSPEPSIA, JAUNDICE, COMPLAINT, HABITUAL CONSTIPATION, SICK HEADACHE, &c. THESE BITTERS ARE UNSURPASSED AS A PURIFIER OF THE BLOOD, and are found of signal efficiency in preventing Contagious and Epidemic Diseases, as well as all kinds of FEVERS. PRICE, 25 cents PER BOTTLE. FOR SALE BY ALL DEALERS.

"Beauty Unadorned (with pimples) is the most." If you desire a fair complexion free from pimples, blotches and eruptions, take "Golden Beauty" by Druggists.