

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 all 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 a tree to break up a Bilious Temperament—to give your torpid liver activity, and 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

And all complaints of a Rheumatic nature, RHEUMATISM is not a sovereign remedy for all the ills that flesh is heir to, but for NEURALGIA, SCIATICA, RHEUMATISM, and complaints of Rheumatic nature, IT IS A SURE CURE. James Murphy, of St. Catharines, track boss in the employ of the Great Western Railway. St. CATHARINES, May 25, 1881. J. N. SUTHERLAND, Esq.: DEAR SIR,—My wife has been suffering for the last year from rheumatism in her left arm and shoulder. A short time ago my daughter brought her a bottle of your Rheumatine. She did not feel any benefit from this one bottle, but concluded to try more. She took four bottles, and is now quite free from pain, and through all this bad weather has not had the slightest twinge of rheumatism. We can recommend it to all suffering from rheumatism. Yours respectfully, JAMES MURPHY.

SOLD BY ALL DRUGGISTS. The Rheumatic Manufacturing Co., St. Catharines, Ont. MESSRS. NORTHROP & LYMAN, WHOLE-SALE AGENTS, TORONTO.

300,000 A Choice Lands For sale by the Great West. 50 Acres, 100 Acres, 200 Acres, 500 Acres, 1000 Acres, 2000 Acres, 5000 Acres, 10000 Acres, 20000 Acres, 50000 Acres, 100000 Acres, 200000 Acres, 500000 Acres, 1000000 Acres. For full particulars, send for circular and map. FREE. Address: CHAS. E. JOHNSON, Land Commissioner of Chicago & North Western Railway Co., Chicago, Illinois. Mention this paper.

The Great Church LIGHT. A. J. FRANK, 21 Pearl St., N. Y.



LYDIA E. PINKHAM'S VEGETABLE COMPOUND. In a Positive Cure

For all those Painful Complaints and Weaknesses so common to our best female population. A Medicine for Women. Invented by a Woman. Prepared by a Woman. The Greatest Medical Discovery since the Dawn of History. It restores the drooping spirits, invigorates and harmonizes the organic functions, gives elasticity and firmness to the step, restores the natural lustre to the eye, and plants upon the pale cheek of woman the fresh roses of life's spring and early summer time. Physicians Use It and Prescribe It Freely. It removes flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. That feeling of sinking down, causing pain, weight and backache, is always permanently cured by its use. For the cure of Kidney Complaints of either sex this Compound is unsurpassed.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the Blood, and give tone and strength to the system, of man, woman or child. Insist on having it.

Both the Compound and Blood Purifier are prepared at 223 and 225 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. 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 3c stamp. Send for pamphlet.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure constipation, biliousness, and torpidity of the liver. 25 cents per box. Sold by all Druggists.

DIAMOND DYES. Best Dyes Ever Made.

FOR SILK, WOOL, OR COTTON. DRESSES, COATS, SCARFS, HOODS, YARN, STOCKINGS, CARPET RIBBONS, FEATHERS, or any of our fancy articles, and perfectly colored any shade. Black, Brown, Green, Blue, Scarlet, Cardinal Red, Navy Blue, Seal Brown, Olive Green, Terra Cotta and 20 other beautiful colors. Fast and Durable. Each package color one to four lbs. of goods. If you never used Dyes try these ones. You will be delighted. Sold by druggists, or send us 10 cents and any color wanted sent post-paid. 24 colored samples and a set of fancy cards sent for a 3c stamp. WELLS, RICHARDSON & CO., Burlington, Vt.

GOLD and SILVER PAINT. Bronze Paint. Artists' Black. For gilding Fancy Baskets, Frames, Lamps, Chandeliers, and for all kinds of ornamental work. Equal to any of the high priced kinds and only 10c. 4 package, at the druggists, or post-paid from WELLS, RICHARDSON & CO., Burlington, Vt.

KIDNEY-WORT HAS BEEN PROVED THE SUREST CURE FOR KIDNEY DISEASES. It is a lime back or a disordered urine, which is a sure sign of a kidney disease. It is a sure cure for all kidney diseases, and is recommended by all the best physicians. It is a sure cure for all kidney diseases, and is recommended by all the best physicians. Ladies: For complaints of the bladder and weakness, KIDNEY-WORT is the best. It will not promptly and safely. Either Sex: Incontinence, retention of urine, brick dust or rosy deposits, and all dragging pains, all speedily yield to its curative power. SOLD BY ALL DRUGGISTS. Price 5c.

THE PEOPLE'S FAVORITE THE OLD-ESTABLISHED Cook's Friend Baking Powder PURE, HEALTHY, RELIABLE Manufactured only by W. D. McLAREN, Retailed Everywhere. 35 & 37 College St.

Scientific and Useful.

To make a wall splasher, cut a piece of white oil cloth the shape of the top of an envelope. Work in shell stitch, crochet with crewel all round. Add two pockets, one on each side, for tooth and nail brush.

A PRETTY, cheap lambrequin for mantle or brackets is made of common bed-ticking. Work cat stitch with red crewel between the blue stripes. Cut in deep points, bind with red braid dress binding, and add red crewel tassels to each point.

BREAKFAST MUFFINS.—For a small family use one pint of milk, three gills of wheat flour, three eggs and a pinch of salt. Beat the eggs very light, add the milk, and lastly stir in the flour. Bake in rings or small pans, and in a quick oven. They are very light.

SURPRISE ROLLS.—In the evening, make up about a quart of flour into the dough, exactly the same as for light rolls. In the morning make them into rolls, putting in the middle of each a piece of sausage meat about the size of a walnut. Bake as any other rolls and they are excellent.

TO RAISE THE PILE OF VELVET.—Put on the table two pieces of wood; place between them, bottom side up, three very hot flat-irons; over them lay a wet cloth; hold the velvet over the cloth, with the wrong side down; when thoroughly steamed, brush the pile with a light whip, and the velvet will look as good as new.

THE layer cake so popular now, made of two layers of white cake with one of fruit cake in the middle, may be varied deliciously by making the middle layer of walnut cake. For this, if the cake is a large one, take two-thirds of a cup of sugar, one-third of a cup of butter, one cup of flour, one egg, one teaspoonful of baking-powder, and nearly one cup of hickory-nut meats.

THREE KINDS OF CAKE FROM ONE RECIPE.—The housekeeper who is limited as to time and materials will find the following recipe a most excellent one: One pound of flour, one pound of sugar, three-quarters pound of butter, ten eggs. Mix as for pound cake. Divide into three parts; take one-third, flavour with lemon, or to taste, and bake as a pound cake. Mix one cupful of raisins, one cupful of currants, piece of citron, cut thin, spices to taste, with second one-third, and bake as a fruit-cake. To the remainder add flour enough to roll and cut.

MINCE MEAT.—Put beef on to boil in cold water; after cooking one hour add salt; cook until very tender, then put away to cool, saving the water in which the meat was cooked. Next day, cut off all the best parts of the meat; mince very fine, and to one quart of the meat put two quarts of chopped apple. Spice with cinnamon, clove, allspice, nutmeg, stoned raisins, currants, little citron cut small. Instead of suet, use melted butter; add sugar, molasses, moisten the whole with vinegar instead of cider, and use as much of the meat-water as you can. Cook slowly until the apple is soft; put into jars and keep in a cool place. When filling, to each pie add a few raisins, very small piece of butter, and a little nutmeg. Bake the pies slowly.

MR. EDITOR,—I send you a recipe for Scotch Loaves, which, if your Scotch divine had eaten he would have said "light as a feather" instead of "tough as leather":—Four large cups of flour, half a teaspoonful salt, two tablespoonfuls brown-sugar, one small teaspoonful baking-soda, and sour milk enough to roll out as soft as you can handle it; divide your dough into three parts; roll each part round, and cut in four. Have your large baking pans hot in the oven. Place the scones a little apart, and bake until the underside is a light brown, or if you have no soft milk you can use sweet milk; and two teaspoonfuls cream of tartar, one of soda, and a few currants added make a nice change. I hope this will meet the want of your correspondent, and help her as your paper many times has helped me. I am, respectfully, H. M.

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 nebulizer, an instrument or inhaler invented by Dr. M. Souville of Paris, ex-aid surgeon of the French army, with proper dietetic, hygienic and constitutional treatment suited 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.

SKINNY MEN.

"Wells' Health Renewer" restores health and vigour, cures Dyspepsia, General Debility. \$1.

"WHY SHOULD A MAN whose blood is warm within Sit like his grandfire on an alabaster?" Or let his hair grow rusty, scant and thin, When "Chinese Renewer" will make it grow the faster.

A FIRST class narrow gauge locomotive weighs 44,000 pounds, or equivalent to the weight of 26,192,000 of Esterbrook's Mammoth Falcon Pens.

Lydia E. Pinkham's Vegetable Compound is a positive cure for all those weaknesses so common to our best female population.

As the frosts of winter vanish under the caloric influence of the sun's rays, so does Bright's Disease, Dropsy, Stone in the Kidney, and Bladder, and Inflammation of the Kidneys, leave the body upon the administration of Dr. Van Buren's Kidney Cure.

"ROUGH ON RATS." Clears out rats, mice, roaches, flies, bed-bugs, skunks, chipmunks, gophers, etc. Druggists.

"Winter finds out what Summer lays by." Kidney-Wort cures in Winter and in Summer. There is scarcely a person to be found who will not be greatly benefited by a thorough course of Kidney-Wort every spring. If you cannot prepare the dry bay the liquid. It has the same effect.

The wonders of modern chemistry are apparent in the beautiful Diamond Dyes. All kinds and colours of ink can be made from them.

THE GREAT SOURCE of Consumption and many wasting forms of disease is Scrofala lurking in the system. The true specific for this condition is found in Burdock Blood Bitters, that scientific purifier of the blood and builder up of the enfeebled frame.

S. Wellfleet, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is improved, and I am free from backaches, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

No household should be considered complete without a bottle of Dr. VAN BUREN'S KIDNEY CURE in the house. It is the only remedy that will positively, permanently and promptly cure all forms of kidney disease. Sold by druggists.

"BUCHUPAIBA." Quick, complete cure, all annoying Kidney Bladder and kindred Diseases. \$1. Druggists.

Mr. W. J. GUPPY, of Newbury, has used Burdock Blood Bitters in his family with good effect, and says that Rev. J. R. Smith has used it, and speaks of it in high terms of praise. It is the great blood purifying tonic that acts upon the bowels, the liver, the kidneys, the skin, and the blood.

Now that there is a reliable remedy for kidney troubles, half the terror attached to these complaints have been removed. For this let all be thankful, and to DR. VAN BUREN'S KIDNEY CURE award all praise for having thus removed a hitherto considered fatal disease from our path. It will never be known to fail. Sold by druggists.

A. D. WEEKS, Druggist, of Huxbridge, says he never sold any pills that gave such universal satisfaction as the National Pills, and adds, "I sincerely believe them to be the best in the market, and can safely recommend them to my customers."

KIDNEY-WORT THE GREAT CURE FOR RHEUMATISM. As it cures all the painful diseases of the KIDNEYS, LIVER AND BOWELS. It cleanses the system of the acids, poisons that cause the dreadful sufferings of the victims of rheumatism, and is the only remedy that has ever been known to cure THOUSANDS OF CASES of the worst forms of this terrible disease have been quickly relieved, and in short time PERFECTLY CURED. PRICE \$1. LIQUID or SOLID, SOLD BY DRUGGISTS. (11) Dry can be sent by mail. WELLS, RICHARDSON & CO., Burlington, Vt.

OUR PROGRESS. As stages are quickly abandoned with the completion of railroads, so the huge, drastic, cathartic pill composed of crude and bulky medicines are quickly abandoned with the introduction of Dr. Cass's "Pleasant Purgative Pellets," which are small, round, and little larger than mustard seeds, but of a highly concentrated vegetable extract.