# RAR 

FOR IHTEAMAL AND EXTERMAL USE．
 unge，8tom

## ACHES AND PAINS．

For hogdache（whothor sick or norvoue）tooth．
nevralcia，rbeumatism．lumbaro，paina aud venkness in tha back，minge or humeyso paina arocind che iver，pleurisy swolling of tho jolnts nud palns o will affurd imumediate oaso and its oontlouevi ase for a

Strong Testimony of Emigrant Com－ missioner，the Hon．George Starr， as to the power of Radway＇s Ready Relief in a Case of Sciatica， Rheumatism

Van Nbeg Pack，Nat Yonk． Dn．Ranwy－Whith mo your Rellot hag Forked
 from tho lumbar regions to my anklos，and at times to During tho time I have boen amiotod I have tried
most ant the remedios rocommonded by wise men almost all the remedios recommonded by wise men
and fooln，hoping to fad relles，but all proved to bo I havs trilod various sinds of baths，manipulation， nuention，and prescriptions of tho most eminone phy． Biclans，all of which hillod to give mo rollof in ant plag who had bounaflcted as myeolf）．was indaceal to ryy your remedy．I was then sufforink farfinlo with ono of my old turns．To ny surprise and dolight the
 glow，created by tho Rollef．In a short timo the paln
passed entiroly away．Althonghil have allght perlodi－ cal attacks approachink a ohango of woathor，linow now how tocaro mygelf，and icol quite mastor of tho
gitcotion．RADWAYB BEADY MELIEFIS DY friend． I nover travel without a bottle in my valise，
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grape thoy sorvo tho parpose of $a$ pleasant tablo wino as well as that of a most valuablo mediclaal Wine． CRAS．F．HREBNER，Ph．G．Phm．B． Don and Profossor of Pharmace．
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## HEALTH AND HOUSEHOLD HINTS．

To prevent fly－specks，boil three or four onions in a pint of water，and with a brush go over the picture－frames．Flies will not light on articles washed in this solution．

Cut－glass should be first thoroughly wash－ ed and dried，then rubbed with prepared chails，using a soft brush，and being carefu give it a fine polish．

A simple plan of disinfecting rooms con sists in putting a saucerful of salt in the middle of the room，and pouring on it a dram or two of sulphuric acid．The fumes that arise do the work of disinfection．

The Spoon．－When stewing truit，or，in fact，when cooking anything in an open vessel， do vot leave the spoon in if you wish to have portion of the heat off into the air．

If a tablespoon of kerosene is put into four quarts of tepid water，and this used in wash－ ing wiodows and mirrors instead of pure wate there will remain upon the clean surface polish no amount of friction can give．

The scratches which so offen disfigure and spoil the appearance of varnish will entirely disappear if a coarse cloth that bas been well saturated with linseed－oil be laid over them． This simple remedy is invaluable to those who have the care of highly－polished furni－ ture．

Delicious Sandwiches．－Delicious sand－ wiches are made by buttering thin slices of rye bread very daintily，using very little but ter，and spreading with Neufchatel cheese A bit of water－cress or a lettuce leaf dipped between the slices，improves the sandwich．

New Conveniences．－A coffee pot with a strainer of aluminum that will not rust or corrode，a bread－knife with ths cutting edge in refiex curves，that is warranted not to crumble or crush warm or very light bread，and liquid chocolate in pound cans ready for use in layer cake，are some of the new conveni－ ences offered by the shops．

Salad Dressing．－Take two well－beaten eggs，with one tablespoon of sugar and one teaspoonful of mustard rubbed together，and one cupful of milk ；add ten teaspoonfuls of vinegar，a little at a time，stirring constantly to prevent curdling；pepper and salt to taste and custard until it begins to thicken．

Soup Stock－A shin of beef is supposed to average in weight about five pounds，and the proportion is a pound of meat or bone to every quart of warer．If a larger proportion of meat or water is used，the stock will not stiffen．The sbin is the foreleg，and there should be about one－third more bone than meat．Allowing one quart of water for every pound of meat or bone，the stock should jelly．

Cream Biscuit．－Beat the yolks of six eggs and six ounces powdered white sugar together for fifteen minutes，add a little essence of vanilla and three ounces of flour，mix al gently together，then add to the mixture a gill beaten to a froth，stir lightly together，then fill small paper cases mith the mixture（these cases are sold under the name of rameqiun cases）．When the cases are filled dust the biscuit over with white powdered sugar and bake in a moderate oven．These are nice either hot or cold．

Chocolate Eclairs．－Prepare the batter the same as for cream puffs．Put in it a pastry bag and press it out upon well bditered tins． By pressing the bag firmly and drawing it very slowly towards you，well squeezing，you will make the eclairs of a rope－like shape． They should be about five inches long．Allow two inches space between each eclair．Bake in a quick oven twenty minutes or until thoroughly done．If properly baked the inside will be hollow，with a delicate，tender crust outside．When cold fill with same cream puff filling．The icing－Melt two ounces of chocolate，then add four tablespoonfuls of powered sugar and stir until it forms a paste． Dip the bo it anay to and stavd it away to dry．Eclairs may be anled wiced with and iced with orange iciag

## THE SOPERIOMTY

Of Food＇a Sarsaparills is due to the tre mendous amount of brain work and con－ stent care used in its preparation．Try one bottle and you will be convinced of its superiority．It purifies the blood which， the source of hesith，curee dyepepsia，over－ comes sick headaches and biliousnese．It is just the medicine for you．

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about washing powders．If you feel like it，it＇s because you haven＇t go the right kind．Get Pearline and sce the differ－ ence．There are ff all kinds of imitations ；pow ders that save work，but ruin cluthes；powders that don＇t hurt，and don＇thelp you；pow－ ders that are cheap to begin with，but dear enough in the end．Try them，if you won＇t take our word for it．．But don＇t get them mixed up in your mind with Pearline．

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## ERTPLOFMENT EXOHANGES．




Though an inheritance of acres may be bequeathed，an iuheritance of knowledge cannot．The wealthy man may pay others for doing his work for him ；bat it is impos． sible to get his thinking done for him by another，or to parchase：any kind of self－ calture．－Samuel Smilcs．

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