

TO OUR FRIENDS AND PATRONS.

The habit of taking note of events, dates, etc., for future reference is so general that a Pocket Memorandum Book becomes almost a necessity to all. We have endeavored to meet this public want free of cost and all we ask in return is a careful perusal of the reading matter opposite the blank pages. It will repay the time and trouble many times over in health, wealth and wisdom. A concise calendar is also given, and in addition we beg to call attention to the following hints on the care of the health during the **FOUR SEASONS OF THE YEAR.**

WINTER. The bracing air gives increased appetite for food, and, where the proper conditions exist, increases bodily vigor. Care must be taken not to overdo the matter, however; excess in eating lays the foundation for dyspepsia and kindred evils, therefore be moderate. Guard well against coughs, colds and throat and lung affections, making prompt use of Hagar's Pectoral Balsam, the best remedy for all such diseases.

SPRING. The enervating influence of the approach of warmer weather and the presence of waste matter in the system caused by the increased consumption of food during winter, calls for some natural and effectual means of toning and purifying the system, and it is here that the marvelous remedial powers of Burdock Blood Bitters find fitting use in preparing the system to withstand the trials of the summer's heat.

SUMMER. Care should be taken during this season to have the food light and easily digestible in order that the body may be free from attacks of dangerous summer complaints, diarrhoea, dysentery, colic, etc. Often when, despite all care, these distressing diseases do arise, it is comforting to know that a prompt and certain cure exists in Dr. Fowler's Extract of Wild Strawberry—nature's specific for all summer complaints.

AUTUMN. Sudden cold spells, wet weather and storms often prevail in the Fall, and suitable clothing should be early put on to ensure safety from the effects of changeable weather. Muscular rheumatism, pains in the chest and side, sore throat, croup, etc., are often produced by such sudden changes, and the remedy which should always be kept in the house for use in such cases is Hagar's Yellow Oil—known as reliable for over a quarter of a century.

T. MILBURN & CO., TORONTO.