WHAT IS CATARRH?

Catarrh is a muco-purulent discharge caused by the presence and development of the vegetable parasite amoka in the internal lining membrane of the nose. This parasite is only developed under favourable circumstance, and these are: Morbid state of the blood, as the blighted corpuscle of ubtrole, the germ poison of syphilis, mer ury, toramose, from the retention of the effected matter of the skip, suppressed perspiration, badly ventilated alexing spartments, and other potions that are germinated in the blood. These potions keep the internal lining membrane of the noss in a constant state of irritation, ever ready for the deposit of the seeds of these germs, which spread up the postrils and down the fauces, or back of the throat causing ulceration of the throat; up the eutstchian tubes, causing desiress; burrowing in the vocal crists, causing hearne area, austrong in columnary consumption and death. Many attempts have been made to discover a care for this distressing disease by the use of inhalents and other ingenious devices but nose of these treatments can do a particle of grood until the parasitas are either destroyed or re-averd from the mucus situas some time since a well-known physician of forty years standing after much cape imenting forceded in discoverne a be necessary combinated of inare either desiroyed or removed from the mincus titure. Some time since a well-known physician of forty years standing after much cape imanting the receded in discovering the necessary combinates of ingredients which never fall in absolutely and of impredients which never fall in absolutely and of impredients which never fall in absolutely now the may be suffering from the a.o.e disease, should, without delay, communicate with the business minagers—Terrante Mail. Masses, A. H. DIXON & SUN, 305 King St. West, Toronto, Canada. Inclose stamp for their treatise on Catarth.

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AL CRAYNO FOR STANKESS, FLATULENCY, DESTROYS ALL CRAYNO FOR STANKESS, FLATULENCY, DESTROYS ALL CRAYNO FOR STANKESS, FLATULENCY, DESTROYS AND RELIEVES WEARNESS OF THE FEELING OF BEARINO DOWN, CAUSED PAIN, WEIGHT AND BACRACHE, IS ALWAYS PERMACHITY CURED BY ITS USE.

IT WILL AT ALL TIMES AND UNDER ALL CINCURSTANCES ACT IN HARMONY WITH THE LAWS THAT GOVERN THE FEMALE STSTEER.

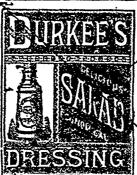
STANCES ACT IN HARMONY WITH THE LAWS THAT OVERN THE FEMALE STSTEM.

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NEVER put pickles in a jer that has had

LEAVES of paraley caten with a little vine-gar, will prevent the disagreeable conse-quences of tainted breath by onlons.

quences of tainted breath by onions.

Lydia E. Pinkham's Vegetable Compound is a most valuable medicine for ladies of all ages who may be sillicated with any form of disease peculiar to the story. Her Remedies are not only put up in lightly form but in Pills and Lorenges in which form they are securely tent through the mails.

ALL kinds of glass can be cleaned with tea leaves after they have been used. They take off the dull look and leave the glass cean and clear.

DEATH TO COCKROACHES.—To destroy cockroaches, sprinkle hellebore on a board slightly wet with molasses. It will be found a tempting, and sure death.

JACOR LOOCKMAN, Buffalo, N. Y., says he has been using Dr. Thomas Perfecting Oil for rheumatism; he had such Disme back he could not do snything, but one could not do snything, but one could not use his own expression, "cuted him up." lie thinks it is the best thing in the market.

Trozen WHIPPED CREAN pints of perfectly sweet, fresh, and thick cream allow one pint of powdered sugar, the whites of two eggs, and a tablespoonful of vanilla. Whip the cream and mix the other ingredients gradually, then freeze.

A GOOD way to prepare old potatoes so that they will be eatable: Mash the potato after boiling, season it with pepper and salt, then with the yelk of an egg (ir of more if necessary) make the potatoes into cake and fry them a delicate brown in butter and lard mixed. Have the fat very hot and then the cakes will not be greasy.

MURRAY & LANMAN'S FLORIDA WATER or that which is prepared by Mostre Lan-man & K-mp, New York, who are the sole proprietors of the true perium. All other so-called Florida Waters are only ordinary Colognes.

FISH SAUCE.—A most appetizing sauce is made by beating four table-poonfuls of butter until it is like cream; then beat into it gradually a table-poonful of lemon juice, and one of good strong vinegar, a teaspoonful of chopped parsly, and half a teaspoonful of salt, and a little less than this quantity of black pepper, or if you like the flavour, a pinch of curry powder may be used in place of pepper. FISH SAUCE .--A most appetizing sauce is of pepper.

MINCED VEAL.—Take some remnants of roast veal, trim off all brown or hardened portions and chop it ficely. Fry a little chopped onton in batter; when it is a light chopped onion in butter; when it is a light straw colour add a scant tablespoon of flour, a little stock and then the chopped meat with chopped paraley, pepper, salt and nutmer to taste; mix well; add more stock if necessary, and let the mince gradually heat by the side of the fire. When quite hot sit into it, off the fire, the yoke of an egg and the juice of a lemon strained and beaten up together. gether. Serve with sippets or bread fried in butter round it, and three or four poached eggs on the top.

Sault St. Marie, writes "Two or three of my friends and myself were recommended to try Northrop & Lyman's Emblion of Cod Liver Oil and Hypophosphites of Lyma and Soda, in preference to Compound Syrup of Hypophosphites. We prefer your Emulsion, and think it better for the system than the Syrup," etc.

FOR a roasted ham, make a brown gravy of beef stock thickened with brown flour, and a little lemon juice added.

NO RIVAL IN THE FIELD. -NO RIVAL IN THE FIELD. - 1 nere is no rival for Dr. Fowler's Extract of Wild Strawberry. It is the acknowledged champion for the cure of all Summer Comp'aints.

LEMON FRITTERS.—Take one cup of flour, one egg, half a tablespoonful of butter, one tablespoonful of sugar, one cup of sweet milk, and the juice and grated pulp of one lemon. The grated yellow rind may be added to the sauce.

GRIDDLE CARES.—Graham griddle cakes are nice for breakfast on a cool summer merning. Use equal parts of Graham and of corn meal, mix with sour milk, and use half a teaspoonful of soda to a scant cup of milk, add salt to your taste, and a little sugar, as that will make them nice and brown. If eggs are plenty one or two are a great addition. These cakes should be fried more slowly than backwheat cakes.

PREJUDICED PROPLE.—Many people are projudiced against parent fredigings, but all who by Burdock Blood Biliers of corpelled 6 acknowledge it worthy a patent as a valuable discourse. nable discovery.

Vital Questions !!!!

Ask the most eminent physician
Of any school, what is the best thing in
the world for quieting and allaying all ini-tation of the nerver, and curing all forms of
nervous complaints, giving natural, childlike,
refreshing sleep always?

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And they will tell you unhesitatingly
"Some form of Hops 111"

CHAPTER I.

Ask any or all of the most eminent phy-

"What is the best and only remedy that an be relied on to cure all diseases of the can be relied on to cure all diseases of the kidneys and urinary organs; such as Bright's disease, diabetes, retention, or inability to retain urine, and all the diseases and ailments peculiar to Women "—

"And they will tell you explicitly and emphatically "Buchu!"

Ask the same physicians
"what is the most reliable and surest cure for all lives diseases or dynamics.

"what is the most reliable and surest cure for all liver di-eases or dyspepsia; constipation, ind'gestion, billou-ness, malaria, fever, ague, etc.," and they will tell you; Mandrakel or Dandelion 1/1/"

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From agony of neuralgia, nervou ness,
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People drawn out of shape from exeruciating pangs of rheumstism, influmnatory and cheonic, or suffering from scrofula
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continuum, mood pottoning, dyspepsia, indigestion, and, in fact, almost all diseases frail" " Saltrheum, blood polsoning, dyspepsin.

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