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Always Reliable,  
Purely Vegetable.

Perfectly tasteless, elegantly coated, purge, regulate, purify, cleanse and strengthen. Radway's Pills for the cure of all disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Dizziness, Vertigo, Costiveness, Piles,

**Sick Headache,**  
**Female Complaints,**  
**Biliousness,**  
**Indigestion,**  
**Dyspepsia,**  
**Constipation,**

—AND—  
**All Disorders of the Liver.**

Observe the following symptoms resulting from diseases of the digestive organs: Constipation, inward piles, fullness of blood in the head, acidity of the stomach, nausea, heartburn, disgust of food, fullness of weight of the stomach, sour eructations, sinking or fluttering of the heart, choking or suffocating sensations when in a lying posture, dimness of vision, dots or webs before the sight, fever and dull pain in the head, deficiency of perspiration, yellowness of the skin and eyes, pain in the side, chest, limbs, and sudden flushes of heat, burning in the flesh.

A few doses of RADWAY'S PILLS will free the system of all the above named disorders.

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Send to DR. RADWAY & CO., 419 St. James St., Montreal, for Book of Advice.

## FOR COMMUNION PURPOSES.



## BRITISH DOMINION WINE.

Manufactured from the Best Canada Grapes without the use of either artificial coloring or distilled spirits in any form.

After repeated chemical analyses of the Wines made by Robert Bradford of No. 595 Parliament St., Toronto, I do not hesitate to pronounce them to be unsurpassed by any of the native Wines that have come under my observation.

Analyses show them to contain liberal amounts of the ethereal and saline elements, sugar and tannic acid etc., characteristic of true Wine and which modify materially the effects which would be produced by alcohol alone.

Retaining to a high degree the natural flavor of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

CHAS. F. HEBNER, Ph. G. Phm. B.  
Dean and Professor of Pharmacy,  
Ontario College of Pharmacy.

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## What Causes Pimples?



Clogging of the pores or mouths of the sebaceous glands with sebum or oily matter.

Nature will not allow the clogging of the pores to continue long, hence, inflammation, pain, swelling and redness.

## What Cures Pimples?

The only reliable cure, when not due to a constitutional humor, is CUTICURA SOAP. It dissolves sebaceous or oily matter, reduces inflammation, soothes and heals irritated and roughened surfaces, and restores the skin to its original purity.

Besides being the most effective skin purifying and beautifying soap, it is the purest, sweetest, and most delicate of toilet soaps.

Sold throughout the world. POTTERI DRUG AND CHEM. CORP., Sole Props., Boston.

"All about the Skin, Scalp, and Hair," free.

CHOCOLAT MENIER is now for sale everywhere in the United States AND Canada, as its use as a table beverage, in place of



Tea, Coffee or Cocoa, has become quite universal. It Nourishes and Strengthens. If served iced, during warm weather, it is most Delicious and Invigorating.

ASK YOUR GROCER FOR CHOCOLAT MENIER. If he hasn't it on sale, send his name and your address to MENIER, Canadian Branch, No. 24 St. John Street, Montreal, Que.

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Brown Bread, White Bread.  
Full weight, Moderate Price.  
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SEALED TENDERS for the supply of Clothing for the Militia and Permanent Corps, comprising Tunics, Trowsers, Great Coats and Caps; Militia Store Supplies and Necessaries consisting of Boots, Gloves, Shirts, Drawers, Socks, Iron Bedsteads, Brooms, Brushes, Saddlery, Horse Blankets, etc.; Hard and Soft Coal, Hard and Soft Wood (English measure) for the heating of all Military Buildings in each of the Military Districts, will be received up to noon Thursday, 5th July, 1894. Tenders to be marked on the left hand corner of the envelope "TENDER FOR MILITIA CLOTHING," "MILITIA STORE SUPPLIES," "COAL," or "FUEL WOOD," as the case may be, and addressed to the Honourable the Minister of Militia and Defence, Ottawa.

The contracts for Clothing are to cover a period of three years from the 1st July, 1894; those for Store Supplies and Necessaries, Coal and Wood, are for one year from 1st July, 1894.

Printed forms of tender containing full particulars may be obtained from the Department at Ottawa, and at the following Militia Stores, viz.—The offices of the Superintendents of Stores at London, Toronto, Kingston, Montreal, Quebec, Halifax, N.S., St. John, N.B., and Winnipeg, Man.

Every article of Clothing, Store Supplies and Necessaries to be furnished, as well as the material therein, must be of Canadian manufacture, and similar in all respects to the sealed patterns, which can be seen at the Militia Stores at Ottawa. This does not apply to material for saddlery.

No tender will be received unless made on a printed form furnished by the Department, nor will a tender be considered if the printed form is altered in any manner whatever.

Each tender must be accompanied by an accepted cheque on a Canadian Chartered Bank for an amount equal to ten per cent. of the total value of the articles tendered for, which will be forfeited if the party making the tender declines to sign a contract when called upon to do so. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

A. BENOIT, Capt., Secretary.

Department of Militia and Defence,  
Ottawa, 2nd June, 1894.

When writing to advertisers please mention THE CANADA PRESBYTERIAN.

## HEALTH AND HOUSEHOLD HINTS.

Do you observe the laws of life?

Do you take good care of yourself at all times?

Oyster juice is said to be a great clarifier of skins and remover of freckles.

Inhaling the smoke from dried golden rod is said to give instant relief in asthma.

Neglect of the hair often destroys its vitality and natural hue and causes it to fall out.

Health is so necessary to all the duties of life, that the crime of squandering it is equal to the folly.

Do you stop to think when you feel chilly, have a cough, a headache, or a tired feeling, that it means danger.

Your backbone was not made for a barrel hoop; so do not curve it around, but rather straighten it out. God made man upright; not round-shouldered, hump-backed, or bending over.

Never go to bed with cold or damp feet. Never omit regular bathing, for, unless the skin is in active condition, the cold will close the pores and favor congestion and other diseases.

Beef Rissoles.—Cold meat chopped fine; add a little grated bread, two eggs, one cup cream, salt, pepper, Worcester sauce, celery chopped very fine. Bake in well buttered cups. Serve with a brown gravy.

The fact that pneumonia so frequently follows exposure to cold or wet has given rise to the impression that pneumonia is only a bad cold. But medical authorities now classify grip and pneumonia as germ diseases.

Scalloped Lobsters.—Mince very fine two lobsters, or one can of lobsters; let one pint of milk come to a boil, add two Boston crackers, rolled, a little salt and pepper and butter. Just before serving put in lobsters and let all come to a boil.

The study of hygiene and physiology has been made compulsory in the public schools of Connecticut. This is a triumph for the temperance people. The purpose is to make the pupils familiar with the effects of narcotics and alcoholic drinks on the human system.

Raspberry Jam.—Weigh equal quantities of fruit and sugar; put fruit into preserving kettle, break it with a spoon and stir continually; let it boil quickly four or five minutes, then add the sugar, and simmer slowly for one-half hour. The fruit preserved this way retains its fresh taste.

Prof. L. W. Underwood, of Lawrence University, Appleton, Wis., says: "I consider the use of the bicycle the best tonic I know of. I would not be without a wheel. At the close of my daily college duties, I take a ride of four to five miles, and return refreshed and ready for good work in the evening."

Rhubarb Marmalade.—Pare and cut into small pieces two pounds rhubarb; and one and one-half pounds sugar, and the rind of one lemon cut very fine; put the whole into a deep dish, and let stand till next day; then strain off juice and boil it three-quarters of an hour, after which add the fruit and boil ten minutes.

Cocoanut Puffs.—Whites of three eggs, one cup white sugar, one teaspoon vanilla, one heaping tablespoon corn starch, two cups desiccated cocoanut; beat whites well, add sugar, beat over steam until a crust forms on bottom of dish, take off steam, add other ingredients, and drop on buttered tins. Bake quickly a light brown.

Veal Cheese.—Three pounds veal chopped fine, and one and one-half pounds fat salt pork, mix well together, spice to taste, two raw eggs, one pint cracker crumbs; press hard into a mold. Next morning turn it out, and pour beaten egg over it, sprinkle with bread crumbs and bake thoroughly. To be eaten cold and thinly sliced.

Lobster Souffle.—Take two good sized lobsters and mince finely; roll five soda crackers to a powder; mix with the lobster; add a little salt and a very little cayenne pepper; stir well together; put all into a baking dish, and pour over it enough milk to soften the biscuit, but do not make too wet. Put bits of butter over the top and bake one-half hour.

Hot milk is a regularly recognized drink in many of the German cafes. It is served in a cup with a saucer, and two lumps of sugar always accompany it. The drink has several things to recommend it, since it has none of the dangerous qualities of tea, coffee, alcoholic drinks, and it is actually an excellent remedy for disorders of the stomach arising from certain forms of indigestion.

It is said that bleeding at the nose may be stopped by moving the jaws rapidly. If a person who is suffering from severe hemorrhage of this character will chew gum vigorously for a minute or two, the bleeding will

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entirely cease, and it is important for him to keep some gum in his pocket, so that when the feeling of fullness which precedes the renewal of attack comes on he can avert the danger.

The People's Health Journal advises that children be trained to eat slowly, no matter how hungry or what important business is pressing. Much safer a little food well ground than a hearty meal swallowed in haste. Cold food is even more difficult to digest than hot it taken too rapidly. The normal temperature of the stomach is about ninety-eight degrees. Food has to be raised to this temperature before digestion can take place.

In the ordinary respiration of a man sixteen or seventeen cubic inches of atmospheric air pass into the lungs twenty times a minute, or a cubic foot every 51.4 minutes; 274 cubic feet in twenty-four hours. The lungs hold 280 cubic feet. At each respiration 1,375 of oxygen is converted into carbonic acid gas. The nitrogen inspired and expired is exactly equal. During the act of inspiration the lungs have been found to be the coldest part of the body.

Concerning public speakers it is unwise to speak too often or too long. Even the electric eel can deliver but a limited number of shocks in succession till he has recovered; to excite him to more is fatal. Too profuse expenditure of vitality leads men to resort to stimulants. Many, having weakened their nerve force by irregular hours of study, excessive demonstrations in public and unwillingness to be ordinary when they cannot be extraordinary, have resorted to drugs.

Minard's Liniment Cures Garget in Cows.