OUR NATIONAL FOODS.

OUR NATIONAL FOODS · MANUFACTURED BY F.C. IRELAND & SONS · NUTRITIOUS DIGESTIBLE · TORONTO, ONT.

(Trade Mark Registered.)

CHOICE BREAKFAST CEREALS

-AND-

HYGIENIC FOODS.

The June (1886) number of "The Canada Medical Record," edited by Dr. F. W. Campbell of Montreal, says of "Our National Foods":

"These foods afford not only nutritious and delicate diet but also assist in laying the foundation of a strong muscular development as well as brain and nervous vitality. The cereals are treated in the light of all the scientific progress of the times. They contain a full proportion of diastase and the nitrogenous constituents so essential to the health and vigorous growth to the body in the earlier stages of life, and for the reconstruction of systems 'run down' with dyspepsia and other affections of the digestive organs. We have tried several of these foods and have no hesitation in recommending all the preparations of this house as worthy the confidence and endorsement of our readers."

DESICCATED WHEAT

Is prepared from Choice White Wheat, brushed and scoured, and then decorticated so the outside woody fibre is removed but leaving the inside bran, which contains the gluten, nitrogen and phosphates. It is then put through a process of terrification by which the starch is converted into dextrine. It is bulled, cooked and rolled, and is the perfection of human food for all seasons of the year. It will cure dyspepsia and is enjoyed by all as a delicious, healthy food, which supplies the wastes of the body.

DESICCATED ROLLED OATS

Are more easily digested, more palatable and nourishing than any ordinary oat food. They are not steamed, as steaming this cereal destroys its hygienic properties. This food is rolled flat and cooks in ten minutes. Many eat it like confectionery before cooking because of its toasty flavor.

SNOWFLAKE BARLEY

Is a Fine Pearl Barley, crushed into white flakes, which cook quickly and afford an excellent article for soup, puddings, porridge, etc., and is very wholesome owing to the large quantity of phosphates in the barley.

PREPARED PEA FLOUR,

Which has been imported into Canada from Scotland and other places, is now made equal in quality and lower in price, so that all can enjoy this very palatable and easily digested article for soup, brose and gravy.

BARAVENA MILK FOOD

For Infants and Young Children is a complete substitute for Mother's Milk. It is a Compound Preparation of specially prepared farina of the healthiest cereals, thoroughly incorporated with Concentrated Milk. It affords the most complete and nutritious food available for Infants, Young Children and persons of weak digestion.

PREPARED BARLEY

Is equal to any imported and much cheaper. It is used for children, invalids and others, and for light suppers. Every family should keep this article on hand.

BEEF AND BARLEY EXTRACTS

For old people, invalids and others who want a condensed, nourishing drink. This preparation is made of the combined extracts of Beef and Barley, and is a highly nutritious beverage, as it contains in a concentrated form all the elements of Flesh and Vegetable Food. It is palatable, easily digested and eminently suited for all dietetic purposes, especially persons troubled with constipation or indigestion, and for nervous prostration.

PREPARED GROATS,

Or prepared and Condensed Oat Flour, for children, invalids and others. This is an old standard food. It is prepared with great care and gives universal satisfaction. Like the Prepared Barley it should be on hand in every household for gruel and light suppers; prepared in five minutes.

GLUTEN FLOUR,

Or Diabetic Flour, is highly recommended by physicians. It makes an excellent loaf and delicious muffins, used by parties troubled with diabetes and indigestion, as the starch in it is converted into dextrine. Starch is the most productive material in the vegetable world next to wood. It is difficult to digest by many persons; the change of the starch in this flour renders it very useful for the purposes for which it is recommended.

WHOLE WHEAT FLOUR

is different to Graham Flour as the outside bran is removed by decortecation. It makes a loaf 25 per cent. richer in nutriment than bread made with ordinary fine white flour. If bread is the staff of life, it must be made of flour that is not robbed of its best nutritive elements. This flour will make bread 20 grains to the lb. richer in potash salts than ordinary flour, consequently it will feed the bones, nerve centres, muscles, and by adopting it as diet with our prepared porridge foods, the dentist and medical men will not be required, as at present their valuable services are indispensable owing to bad teeth, neuralgia, etc., produced by the want of proper elements in food.

BUCKWHEAT FLOUR.

Self-raising and more easily digested and wholesome than any ordinary Buckwheat Flour, as it is combined with Barley Phosphates. This renders it an excellent hygienic food. Buckwheat alone is too heating and hard to digest, so that many people cannot use it. When combined with wheat shorts or adulterated with cheap offals of other cereals is not fit to eat, but combined with Barley Phosphates is a most excellent and delicious food.

ROLLED HOMINY

is made of white corn, desiccated, hulled and rolled into thin, white flakes, which cook in a few minutes and saves time and fuel; besides, it is far more palatable than ordinary Hominy.

The proprietors of "OUR NATIONAL FOODS" are placing the cereal products of the earth in such a healthful and inviting condition as to encourage their general use, and they think they cannot say too much in their favor; but they prefer to call the attention of those who have not yet used them to the more disinterested opinions and testimony of those who have, and are daily enjoying them. Below will be found the awards of medals, diplomas and first prizes at different exhibitions. It is becoming an established fact that families who cook cereals for themselves scarcely ever have them properly done. Our process of cooking makes the food ready for the table with but little attention, and makes it more palatable, nutritious and wholesome.

Either Medals, Diplomas or First Prizes have been awarded the Manufacturers at every Exhibition where they have entered for competition. A Silver Medal, the highest award, was given at St. John Exhibition, 1883. Ten First Prizes, three Silver Medals and Diploma in 1884.

At the Antwerp Exhibition, in 1885, the following was received: "I am directed by Sir Charles Tupper to express his gratification at being enabled to inform you that you have been awarded, by the Grand Jury of the Antwerp International Exhibition, a Bronze Medal for your Exhibit of 'OUR NATIONAL FOODS.'"

At the Indian and Colonial Exhibition in London, in 1886, a similar award and diploma were sent.

OUR NATIONAL FOOD MILLS

Are at 27 Church-street, Toronto, Canada, from which place we ship goods to all parts of the Dominion, and to many places in the United States and Great Britain.

The following is the way the goods are put up. Please cut out this and preserve for reference in sending orders.

DESICCATED WHEAT (partly digested). In 4 lb. manilla packages, 1 doz. in case; in 50 and 100 lb. bags.

ROLLED OATS (Desiccated and partly digested). In 4 lb. manilla packages, 1 doz. in case.

BARAVENA MILK FOOD (for Infants and Young Children). In 1 lb. tin canisters, 1 doz. in case.

PATENT PREPARED BARLEY (for Children, Invalids and others). In 1 lb. tin canisters, 1 doz. in case.

PATENT PREPARED GROATS (for Light Suppers, Gruel, etc.) In 1 lb. tin canisters, 1 doz. in case.

PATENT PREPARED PEA FLOUR (for Soup, Brose, etc). In 50 and 100 lb. bags. In 2½ lb. manilla boxes, 1 doz. in case.

DESICCATED PEARL WHEAT (for Frumenty, Puddings, etc). In 50 and 100 lb. bags.

WHOLE WHEAT FLOUR (made of the whole kernel of Wheat, except the outer Bran). In 50 and 100 lb. bags and in bbls.

SNOW-FLAKE BARLEY (for Soup, Puddings, Porridge, etc). In 4 lb. Vanilla boxes, 1 doz. in case.

ROLLED WHEAT FLAKES contain all the Wheat except the outer (Bran for Porridge). In 4 lb. packages, 1 doz. in case and in bbls.

EXTRACTS OF BEEF AND BARLEY (a highly nutritious drink for Invalids and others). In 6 oz. tins, 1 doz. in case.

GLUTEN FLOUR (mainly free from starch, and use as a Diabetic Food with great success). In 25, 50 and 100 lb. bags.

ROLLED HOMINY, in cases of 1 doz. packages.

BUCKWHEAT FLOUR (self raising). In 4 lb. manilla packages, 1 doz. in case, and in bbls. not self raising.

We also manufacture and offer for sale Pot Barley, Pearl Barley, Cornmeal, Graham Flour and Cracked Wheat.

FOR SALE AT ALL FIRST-CLASS GROCERS & DRUGGISTS.

F. C. IRELAND & SON,

27 CHURCH STREET, TORONTO, CANADA.

McKEOWN & CO'S BIG CLEARING SALE

Before taking stock, commenced yesterday morning and will continue for the next 15 days. Everything in the store re-marked. Great Reductions in

CASHMERE HOSIERY,

UNDERWEAR, GLOVES,

Embroideries, Silks, Satins, Dress Goods, CASHMERES, Jackets, Mantles, Ulsters, Dolmans, Shawls, Blankets, Flannels, Linens, Tweeds and Mantle Cloths.

This is a great chance to secure Big Bargains as we are determined to clear out all Winter Goods before taking stock. Ladies will kindly call in the forenoon and avoid the afternoon rush.

McKEOWN & CO.

182 YONGE-STREET.

FURS!

OLIVER, COATE & CO.

WILL OFFER SATURDAY AND NEXT WEEK

A Choice Collection of FINE FURS which must be sold to cover advances. Coats, Mantles, Capes, Bear and Lynx Boas and Muffs, Persian, Beaver, Seal, Otter and other caps, etc., etc.

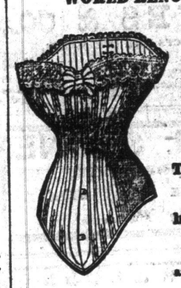
OLIVER, COATE & CO., - KING-STREET.

"FITS LIKE A GLOVE,"

THOMSON'S

WORLD-RENOWNED LONDON-MADE

TRADE MARK.



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Corset

The Perfection of Shape, Finish and Durability and approved by the whole polite world.

OVER 5,000,000 ALREADY SOLD. To be had of all dealers throughout Canada.

W. S. THOMSON & CO., Ltd., London, Manufacturers.

See that every Corset is marked "THOMSON'S GLOVE-FITTING," and bears our Trade Mark, the Crown. No others are genuine. 6

WHITE & WHITE, Wholesale Agents, TORONTO.

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ACCOUNT BOOKS MADE TO ORDER. 624

Merchants, Bankers, Insurance Companies, &c., &c., requiring Books for the New Year should Order Now. Paper of the Best Quality. Workmanship Unsurpassed. Apply to

NOS. 43, 45, 47 AND 49 BAY-STREET, TORONTO, ONT.

THE CANADA SUGAR REFINING COMPANY,

(Limited.) MONTREAL,

OFFER FOR SALE ALL GRADES OF REFINED SUGARS AND SYRUPS OF THE WELL-KNOWN BRAND OF

Redpath

CERTIFICATES OF STRENGTH AND PURITY.

OFFICE OF THE PUBLIC ANALYST,
MONTREAL, September 9th, 1887.

To the Canada Sugar Refining Co'y, Montreal:

Gentlemen,—I have personally taken samples from a large stock of your Granulated Sugar, "REDPATH" brand, and carefully tested them by the Polariscope, and I find these samples to be as near to absolute purity as can be obtained by any process of Sugar Refining.

The test by the Polariscope showed in yesterday's yield 99.90 per cent. of Pure Cane Sugar, which may be considered commercially as ABSOLUTELY PURE SUGAR.

JOHN BAKER EDWARDS,
P.L.D., D.C.L., F.C.S.,
Public Analyst for the District of Montreal, and Professor of Chemistry.

CHEMICAL LABORATORY,
MEDICAL FACULTY, McGILL UNIVERSITY,
MONTREAL, September 9th, 1887.

To the Canada Sugar Refining Company:

Gentlemen,—I have taken and tested a sample of your "EXTRA GRANULATED" Sugar, and find that it yielded 99.83 per cent. of Pure Sugar. It is practically as pure and good a Sugar as can be manufactured.

Yours truly,
G. P. GIRDWOOD.

DYEING AND CLEANING.

Now is the time to look up your light and faded Clothing and have them dyed the dark fashionable shades for Fall and Winter. Ostrich Plumes, Damask Curtains, etc., cleaned or dyed at

PARKER'S, 209 YONGE-STREET. 393 QUEEN-STREET WEST. 225 QUEEN-STREET EAST.

OFFICE, Works and head office 759 Yonge-st. Branches at Hamilton, Brantford, London, St. Catharines 2

LADIES, ATTENTION!

"QUEEN'S OWN,"

Introduced and Registered January, 1888. All infringers of Patent will be Prosecuted.

THE QUEEN'S OWN FUR CAP,

Manufactured in Seal, Persian Lamb, Otter and Beaver. These Beautiful Ladies' Caps are only to be seen at

HARRIS & CO.

FURRIERS. 246

99 YONGE-ST., - TORONTO.

We have a very large stock of Bear and other Fur Boas now on hand. Ladies' Seal Garments a Specialty. Perfect Fit Guaranteed.

WE ARE NOW DELIVERING TO THE TRADE

TELFER'S SELF ATTACHING OGEE AND GARMENT STAY.

The Latest, the Best and Most Economical Dress Stay Ever Produced, Without Exception.

Wherever it has been introduced it has taken the place of everything of its kind, although only a few months old. It has already been placed in the United States, England, France, Germany and Russian markets, and now for the **Dominion of Canada. Experts have pronounced it unique.** The saving of time to dress-makers is remarkable. Twelve of these stays can be attached in two minutes, requiring **no thread, needles or sewing machine to sew them on.** Instructions for attaching goes with every gross. Samples furnished on application. If your Dry Goods or Fancy Goods dealer has not got them orders will be executed direct upon receipt of **30 cents per dozen, post paid.**

THE TELFER MANUFACTURING COMPANY, Toronto. Sole Manufacturers for the Dominion.

XMAS AND NEW YEAR'S

WINES AND SPIRITS IN STOCK.

100 cases Pommery Champagne.
50 cases Perrier Jouet Extra Dry Champagne.
50 cases G. H. Mumm's Extra Dry Champagne.
Sandeman's Old Port Wine, in bottles.
Pucartin's Fine Old Sherry, in bottles.
A few dozens of Walker's 12-year old Rye in bottle.
Curacoa, Benedictine, Kummel, Chartreuse, Maruschino, Cherry Brandy.

MICHIE & CO.

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DESKS.

ALL SIZES AND PRICES.

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24 FRONT-ST. WEST, TORONTO.

VICTORIA CLUB,

HURON-STREET.

Ladies and gentlemen attending the reception to their Excellencies the Governor-General and Lady Stanley, at the opening of the Victoria Club on Thursday, 31 January, at 9.30 p. m., are requested to appear in morning dress, and in order to avoid confusion to bring a card with their name legibly written thereon.

Cards of invitation to be presented at the door.

STUART MORRISON, 246
Hon. Secy. Reception Committee.

ONTARIO OIL CO.

Sole Consignees of Southwick's Oils.

Specialties, Cylinder Oils, Crown Lubricants.

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ADVANCES MADE ON STAPLE MERCHANDIZE IN STORE

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Do you want something choice in Unfrozen Poultry?

Prime Devon Beef or Southdown Lamb.

If so you can get it from

C. H. DUNNING,
359 YONGE-STREET.
TELEPHONE No 355. 246

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Holiday Presents

We will offer our large stock of Ladies' and Gents'

FINE FURS

At reduced Prices to cash buyers. Give us a call before you buy. 246

J. & J. LUGSDIN,

Manufacturers of Fine Furs.

101 Yonge-street, TORONTO.

LARGE SHIPMENTS OF Domestic Staples

TO HAND AND ARRIVING DAILY.

Our Travelers are out on their respective routes and we solicit for them a careful inspection of their patterns, which will represent our Domestic purchases and Foreign Imports.

SAMSON, KENNEDY & CO.,

44 SCOTT AND 19 COLBORNE-STS., TORONTO.

WHITE & WHITE,

LACES, EMBROIDERIES, CURTAINS, MUSLINS, GLOVES, HOSIERY.

Our Travelers will start on their respective routes on Monday next with New Spring Samples.

WHITE & WHITE

7 WELLINGTON-STREET WEST.

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IN GREAT VARIETY AT

Wholesale Prices

New Goods just to hand from England in Handsome Cabinets of Dessert Knives and Forks, Figures, Vases, 4 o'Clock Tea Sets, Salad Bowls, Biscuiters, Sugar and Cream Stands, in the most fashionable China. Marble Clocks, Bronzes, Music Boxes, etc., at

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SHEFFIELD WAREHOUSE,

32 YORK-STREET.

Articles sent for approval any distance.

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WE MUST SELL

And will give extra bargains in

SEAL MANTLES AND JACKETS, PERSIAN LAMB COATS, BEAR AND LYNX SETTS, CAPES, CAPS, GAUNTLETS.

ALL AT WHOLESALE COST.

BASTEDO & CO.,

FACTORY 54 YONGE-ST.

J. W. McADAM

IS SELLING

Ladies' Engedi Kid Button Boots $1, Ladies' Silk Worked Velvet Slippers $1, Ladies' Felt Boots in Lace or Button $1, Gents' Silk Worked Velvet Slippers 75c, Gents' Cordovan Bals or Congress $1.75, Boys' Solid Leather School Boots 89c, Childs' Cordovan Button or Bals 75 cents. 36

THE BIG 88 SHOE STORE,

Telephone 1736. 88 Queen-street West.