

Bilious Headaches Go.



I had Rheumatism in my knees and fingers, bilious headaches, etc., every few weeks. Mr. Higgins, Empire Laundry, urged me to try

ST. LEON

Mineral Water. I did, and it set me all right; headaches and pains all gone. My wife and three children also use it. We all find St. Leon Water very good and healthy.

J. T. S. ANDERSON,

Watchmaker and Jeweller,
316 Queen Street West,
Toronto.

THE ST. LEON MINERAL WATER CO. (Limited),

—HEAD OFFICE—

101 1/2 KING STREET WEST, TORONTO.

Branch Office at Tidy's Flower Depot, 164 Yonge Street.



TRULY CALLED

THE GREATEST

MEDICINE of the AGE.

Absolutely Guaranteed to Accomplish all we Claim, or MONEY REFUNDED.

MICROBES ARE THE TRUE CAUSE OF DISEASE

Our Remedy Destroys them without harm to the Patient. Please Investigate First, then pass your opinion.

WM. RADAM MICROBE KILLER COMPANY, Ltd.,
120 KING ST. W., TORONTO, ONT.

Sole Manufacturers for the Dominion.

Beware of Imitations. See our Trade Mark.

CLINTON H. MENEELY BELL COMPANY
TROY, N.Y. 42/52.

MANUFACTURE A SUPERIOR GRADE OF

Church, Chime and School Bells



BUCKEYE BELL FOUNDRY.

Bells of Pure Copper and Tin for Churches, Schools, Fire Alarms, etc., etc. Warranted. Catalogue sent on request.

VANDUZEN & TIFT, Cincinnati, O.



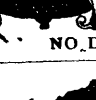
MENEELY & COMPANY

WEST TROY, N.Y. BELLS
For Churches, Schools, etc., also Bells and Pells. For more particulars apply to the nearest agent or write to the company.

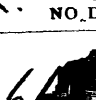


CINCINNATI BELL FOUNDRY CO

SUCCESSORS IN BLYMYER BELLS TO THE BLYMYER MANUFACTURING CO
CATALOGUE WITH 2200 TESTIMONIALS.
BILLS, CHURCH, SCHOOL, FIRE ALARM.
NO DUTY ON CHURCH BELLS.



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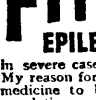
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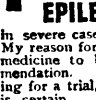
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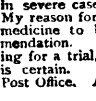
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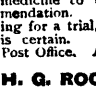
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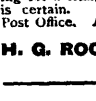
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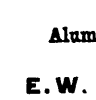
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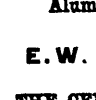
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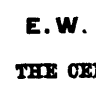
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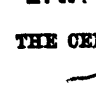
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"CATTLE DIE
KINSMEN DIE
ONE'S SELF DIES TOO
BUT THE FAME NEVER
DIES OF HIM WHO HAS
WON A GOOD NAME"

NORSE SAGA

4/6. & 0 W.

THE FAME OF
NESTLE'S FOOD
WILL NEVER DIE

IT HAS WON FOR ITSELF A GOOD NAME

It came into existence twenty-three years ago in response to a great cry for help from mothers in European cities, whose children were dying from Cholera Infantum. From that time on NESTLE'S FOOD has been regarded as the safest diet and best preventive of Cholera Infantum and other Summer Complaints.

A sample will be sent to any mother mentioning this paper.

THOS. LEEMING & CO.
25 St. Peter Street, Montreal.

"SUNLIGHT" SOAP,

— AND —

HOW TO USE IT.

DROP THE OLD AND HARD WAY. TRY THIS.

Dip the pieces one by one in lukewarm water, and rub the soap on lightly, taking care to soap each piece all over.

Roll each piece in a tight roll, and leave it to soak for about thirty minutes, while the "Sunlight" Soap does its work.

After soaking the thirty minutes or so, rub out lightly on the washboard, and the dirt will actually drop out.

Then rinse in clear lukewarm water, taking special care to get the suds away.

Do not scald or boil a single article, no matter how dirty, and do not use washing powders.

Coloured goods, woollens, etc., are treated the same way, but not soaked so long. They are kept soft and smooth by this soap.

PUT ASIDE YOUR OWN NOTIONS NEXT WASH-DAY, AND TRY THE SUNLIGHT LABOUR-SAVING WAY.

Full directions around each tablet.

Confederation Life

ORGANIZED 1871.

HEAD OFFICE, TORONTO

REMEMBER, AFTER THREE YEARS

Policies are Incontestable

Free from all Restrictions as to Residence, Travel or Occupation.

PAID-UP POLICY AND CASH SURRENDER VALUE GUARANTEED IN EACH POLICY.

The New Annuity Endowment Policy

AFFORDS ABSOLUTE PROTECTION AGAINST EARLY DEATH

PROVIDES AN INCOME IN OLD AGE, AND IS A GOOD INVESTMENT

Policies are non-forfeitable after the payment of two full annual Premiums. Profits, which are accumulated by any Company doing business in Canada, are allocated every five years from the issue of the policy, or at longer periods as may be selected by the insured.

Profits so allocated are absolute, and not liable to be reduced or recalled at any future time under any circumstances.

Participating Policy-holders are entitled to not less than 90 per cent. of the profits earned in their class and for the past seven years have actually received 95 per cent. of the profits so earned.

W. C. MACDONALD,
Actuary.

J. K. MACDONALD,
Managing Director.

HEALTH HINTS.

THE FOOD OF MAN.—The lower mammals can live and flourish with comparatively little change of diet; not so man. He demands food not only dissimilar in its actual grosser nature, but differently prepared. In a word, for the efferent nervous impulses, on which the digestive processes depend, to be properly supplied, it has become necessary that a variety of afferent impulses (through the eye, ear, nose, palate) reach the nervous centres, attuning them to harmony, so that they shall act yet not interfere with one another. Cooking greatly alters the chemical composition, the mechanical condition, and, in consequence, the flavour, the digestibility, and the nutritive value of foods. To illustrate: Meat in its raw condition would present mechanical difficulties, the digestive fluids permeating it less completely; an obstacle, however, of far greater magnitude in the case of most vegetable foods. By cooking, certain chemical compounds are replaced by others, while some may be wholly removed. As a rule, boiling is not a good form of preparing meat, because it withdraws not only salts of importance, but proteids and the extractives—nitrogenous and other. Beef-tea is valuable chiefly because of these extractives, though it also contains a little gelatine, albumin and fats. Salt meat furnishes less nutriment, a large part having been removed by the brine; notwithstanding, all persons at times, and some frequently, find such food highly beneficial, the effect being doubtless not confined to the alimentary tract. Meat, according to the heat employed, may be so cooked as to retain the greater part of its juices within it, or the reverse. With a high temperature (sixty-five to seventy degrees C.) the outside in roasting may be so quickly hardened as to retain the juices.—From Wesley Mills, M.D.

BEEF TEA SOUP.—To one pint of beef essence (made in a bottle), quite hot, add a tea-cup of the best cream, well heated, into which the yolk of a fresh egg has been previously stirred. Mix carefully together, season slightly, and serve. The latter is especially nourishing and we wish the nurses to try it. Another excellent way is to pour the beef juice, or beef essence, over a slice of bread freshly toasted, then seasoned with pepper and salt, and served on a hot dish. A cup of hot beef tea given at night to a wakeful patient has often a beneficial effect in producing sleep. In making broth or beef tea for sick people, great care should be taken to remove every particle of fat from the liquid, for fat will not only be likely to upset the stomach, but it will prove most objectionable to him. If there is time for the tea to become cold, the fat will cake on the surface, and can be easily taken off. If, however, the tea is wanted at once, a sheet of clean blotting paper, or a piece of bread, should be passed lightly over the top of the liquid. Care, too, must be taken about seasoning the broth or tea. People who like highly seasoned food in a general way, frequently object to it strongly when they are ill. It is wise, therefore, to season very slightly, and to place pepper and salt on the tray, and let the invalid season his food for himself, if able to do so. A very great point in catering to sick folk is to make food look inviting. Of course all our nurses know that every article used should be clean and bright, the tray covered with a spotless napkin; and if we can put on it a glass containing a few flowers as

Does your Cake

43/52 Dry up Quickly?

If so, your baking powder is adulterated with ammonia or alum, ingredients injurious to health.

Housekeepers who use Cleveland's Superior Baking Powder know that it has the peculiar property of producing light, wholesome bread, biscuit, cake, etc., that retain their natural moisture and sweetness. This desirable quality, in a baking powder shown by the Official Reports to be the strongest of all pure cream of tartar powders, makes Cleveland's Superior "Absolutely the Best."

IMPERIAL

CREAM TARTAR

BAKING POWDER

PUREST, STRONGEST, BEST,

CONTAINS NO

Alum, Ammonia, Lime, Phosphates, OR ANY INJURIOUS SUBSTANCE.

E. W. GILLET, TORONTO, ONT.

THE CELEBRATED ROYAL YEAST CAKES