



**It's Soap**, pure Soap, which contains none of that free alkali which rots the clothes and hurts the hands.

**It's Soap** that does away with boiling or scalding the clothes on wash day.

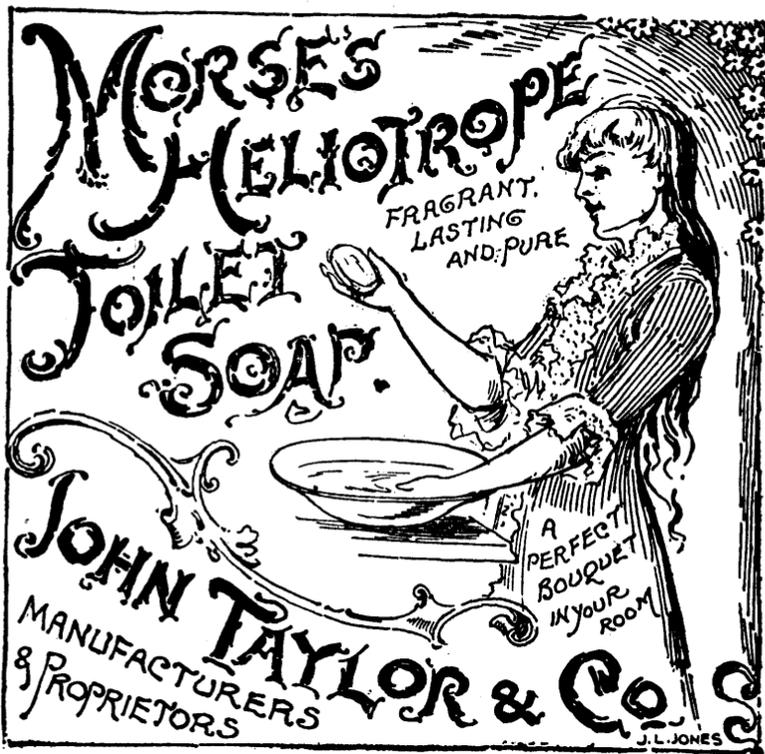
**It's Soap** that's good for anything. Cleans every-

thing. In a word—'tis Soap, and fulfils it's purpose to perfection.

**SURPRISE** is stamped on every cake.

St. CROIX SOAP M'FG. Co.,  
St. Stephen, N. B.

148



One Pound of **JOHNSON'S FLUID BEEF**

Contains more of the feeding qualities of Beef

Than 50 pounds of Extract of Beef.

EXTRACTS OF BEEF are void of all nutritive qualities.

JOHNSTON'S FLUID BEEF is rich in the life principle of Prime Fluid Beef. Who would choose a Beef Flavor only when a perfect Beef Food is available

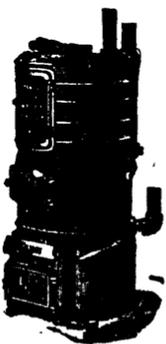
THE SPENCE

"DAISY" HOT WATER HEATER

Has the least number of Joints,

Is not Overrated,

Is still without an Equal



WARDEN KING & SON,

337 CRAIG ST.

MONTREAL

BRANCH, 110 ADELAIDE STREET WEST, TORONTO.

HEALTH AND HOUSEHOLD HINTS.

Hot water applied to a bruise will allay pain and prevent discolouration. It has superseded medical "eye waters" in the treatment of inflamed and aching eyes.

Potato Cakes.—Mince cold boiled potatoes fine; to one teacupful add two beaten eggs, a pinch of pepper and salt and milk to moisten, so it can be made into small, round cakes; fry in butter; serve hot.

Sponge Biscuit.—Beat the whites of six eggs, add the beaten yolks and toss them together; add the juice of one lemon, three cupfuls of sugar, three cupfuls of flour; stir well; put in patty pans, sprinkle with powdered sugar and bake.

Making Hard Shoes Soft.—To a pair of shoes that have become stiff and uncomfortable by constant wear in the rain, apply a coat of vaseline, rubbing it in well with a cloth, and in a short time the leather will become as soft and pliable as when it was taken from the shelves of the shoe-dealer.

To Prepare Chocolate.—Such sweet chocolate as the grocers sell can only be made by manufacturers. To prepare chocolate for chocolate creams, simply dissolve it. To do this place the chocolate in a bowl, broken in small pieces; place the bowl over a kettle of boiling hot water. It is the quickest way of dissolving it.

To Clear Coffee.—Saving egg-shells is nothing new; to wash the shells of eggs before breaking and save them to settle coffee with. But there is a new wrinkle worth trying. Save the shells from a month's cooking, crush them up fine, beat up six or eight eggs, or enough to mix the shells well, spread thin, let dry, then break in small pieces and put away in a paper or muslin bag, hung in a dry, cool place. In winter, put a bit of this to soak over night to settle your coffee with.

FOR COLDS AND SORE THROAT.

SIRS,—We use Haggard's Yellow Oil in our family for colds and sore throat and it is excellent. My sister had asthma since childhood, but on trying Yellow Oil for it she soon was cured.

MISS LIZZIE CHAPELLE, Baldwin, Ont.

When house plants are accidentally frosted they should be dipped into cold water, or, if too large for that, they should be sprinkled with cold water and then set in total darkness. Under such treatment many of them will come out in two or three days as fresh as ever. Of course it is better that they should not be allowed to freeze, and it is a good plan to roll the stand away from the window on cold nights, or to fasten several thicknesses of newspaper between the plants and the window.

COUGHS AND COLDS are often overlooked. A continuance for any length of time causes irritation of the Lungs or some chronic Throat Disease. BROWN'S BRONCHIAL TROCHES are offered, with the fullest confidence in their efficacy, giving almost invariably sure and immediate relief. 25 cts. a box.

Chloroform Treatment of Pneumonia.—Dr. Theo. Clemens reports in a German medical journal his experience in the treatment of pneumonia by means of chloroform inhalations. During forty-two years' practice he has treated all cases of pneumonia, severe or mild, with chloroform inhalations, and has not had a single fatal case. To the chloroform he adds alcohol, saturates some cotton twisted into a ball, covers it with some loose dry cotton, and holds this to within an inch of the patient's mouth and nose. He thinks that the chloroform spirits are taken up by the blood, completely changing it in the lungs, and by defibrinating, prevents its hepatization.

BILIOUSNESS CURED.

GENTLEMEN,—I have used Burdock Blood Bitters for biliousness and find it the best remedy for this complaint. I used several other remedies but they all failed to do me any good. However, it required only two bottles of B. B. B. to cure me completely, and I can recommend it to all.

Yours truly,

Wm. ROBINSON, Wallaceburg.

Potatoes and Codfish.—One pint bowl of salt codfish picked very fine, two pint bowlfuls of potatoes cut up. Put both together and boil until thoroughly done. Drain off the water well, mash with potato masher, add a piece of butter the size of an egg, two well-beaten eggs and a dash of pepper. Do not soak the fish but wash well. Do not mould into cakes, but drop from a spoon into hot deep lard. The mixture will take the form of croquettes, and when the lard is just right, they are perfectly delicious. The lard must be much hotter than for fried cakes. Garnished with celery tops or parsley, it makes not only a good dish but a very pretty one. Much depends upon the lard being boiling hot.

Minard's Liniment for Rheumatism.

Your Patronage Respectfully Solicited.

PARKDALE KASH GROCERY

HICKMAN & Co.,

The Old Reliable House for Choice

Teas, Koffees, Spices,

GROCERIES, FRUITS AND PROVISIONS.

SPECIALTIES :

Bouquet Tea and Happy Thought Baking Powder.

Remember, we keep nothing but first-class goods and our prices are Rock Bottom. Families waited upon for orders, if desired. Telephone orders receive prompt attention. Kindly give us a call, it will be profitable to you and us.

HICKMAN & Co.,

1424 Queen St. W. Tel. 5061.

THE CANADA SUGAR REFINING CO.

(Limited), MONTREAL, MANUFACTURERS OF REFINED SUGARS OF THE WELL KNOWN BRAND

Redpath

OF THE HIGHEST QUALITY AND PURITY. Made by the Latest Processes, and Newest and Best Machinery, not surpassed anywhere.

LUMP SUGAR,

In 50 and 100 lb. boxes.

"CROWN" Granulated,

Special Brand, the finest which can be made.

EXTRA GRANULATED,

Very Superior Quality.

CREAM SUGARS,

(Not dried).

YELLOW SUGARS,

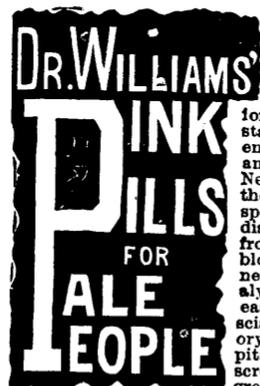
Of all Grades and Standards.

SYRUPS,

Of all Grades in Barrels and half Barrels.

SOLE MAKERS

Of high class Syrups in Tins, 2 lb. and 8 lb. each



Are a BLOOD BUILDER and NERVE TONIC.

They supply in condensed form ALL the substances needed to enrich the Blood and to rebuild the Nerves, thus making them a certain and speedy cure for all diseases arising from impoverished blood, and shattered nerves, such as paralysis, spinal diseases, rheumatism, sciatica, loss of memory, erysipelas, palpitation of the heart, scrofula, chlorosis or green sickness, that tired feeling that affects so many, etc. They have a specific action on the sexual system of both men and women, restoring lost vigor.

WEAK MEN

(young and old), suffering from mental worry, overwork, insomnia, excesses, or self-abuse, should take these PILLS. They will restore lost energies, both physical and mental.

SUFFERING WOMEN

afflicted with the weaknesses peculiar to their sex, such as suppression of the periods, bearing down pains, weak back, ulcerations, etc., will find these pills an unfailing cure.

PALE AND SALLOW GIRLS

should take these Pills. They enrich the blood, restore health's roses to the cheeks and correct all irregularities.

BEWARE OF IMITATIONS. These Pills are sold by all dealers only in boxes bearing our trade mark or will be sent by mail, post paid, on receipt of price—50 cents a box or 6 for \$2.50.

THE DR. WILLIAMS MED. CO.,  
Brockville, Ont., or Morristown, N.Y.



SEMPER CAMPBELL'S SKREI EADEM  
FAMOUS COD LIVER OIL

IT IS INVALUABLE IN CONSUMPTION, CHRONIC COLDS, OBSTINATE COUGHS, WHOOPING COUGH, PULMONARY AND SCROFULOUS COMPLAINT, WASTING DISEASES GENERALLY.