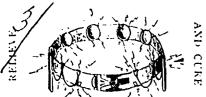
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ARE NOT a Pur-gative Medi-cine. They are a TRUCTOL as they ly in a condensed the substances ingular worry disease excesses and indiscretions. They have a Springular Action on the Sexual System of both men and women, restoring Lost Vicious and correcting all supplessions.

VERY MAN Who finds his mental fac-hysical powers flagging, should take these by the finds of th

VERY WORAN should take them. They cure all sup-tions and irregularities, which inevitably artickness when neglected.

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They will cure the reof youthful bed habits, and strengthen the YOUNG WONEH should take them. These Pills will

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At contains all the nutritious elements of Prime Beef in a form that can be easily Digested by the Weakest Stomach.

HOUSEHOLD HINTS.

THE PRESERVING OF FRUITS To preserve, use qual quantities of fruit and sugar, cook sufficiently long to keep the fruit without being hermetically sealed. Use only sound fruit and the best white sugar. Prepare your fruit with care, weigh accurately and work slowly. Small fruits should be cooked slowly forty minutes; large fruits until you can pierce them with a straw. Put up the preserves in small jars or tumblers, and thereby prevent disturbing a larger quantity than is needed. Large fruit should be thrown into water to prevent discolouration

ICE CREAN CAKE One cup butter rubbed with two cups white sugar to a cream, one cup sweet milk, three and one-half cups flour, two teaspoonfuls. Cleveland's Superior Baking Powder, and whites of eight eggs. Bake in jelly tins, and put together with boiled icing flavoured with orange, and spread on thick.

CHEESE CANAPIES -Cut slices of bread half an inch thick, then with a large round cutter cut in circles; then cut these in half; take a tablespoonful of butter, put in a small saucepan--more if you have much bread; fry your pieces a light brown; when done take them up and set on tin or on your stove hans and heap them with grated cheese and sprinkle on them a little pepper and salt; set aside until ready for serving, and then put in the stove a few minutes until nicely browned.

AFTER-DINNER CROUTONS. -- The hard water-crackers being very expensive (twenty cents per pound) in comparison to other crackers, the crispy croutons have been adopted as a substitute, and are found to be very acceptable Cut sandwich bread into slices one-quarter of an inch thick; cut each slice into four small triangles; dry them in the oven slowly until they assume a delicate brownish tint; then serve, either hot or cold. A nice way in serve them is to spread a paste of part butter and part rich, creamy cheese, to which may be added a very little minced parsley.

A HANDY AND NICE DISH.- When you haven't any bread quite convenient and do not want to bother with biscuits or hot cakes for supper just put what you think enough of good water crackers in a rather shallow tin pan, cover with cold water slightly salted, cover with a plate and set back on the stove to soak and gradually heat. When nice and tender drain off the water, butter the crackers and set them in the same pan inside a moderately hot stove; have the cover off the pan this time. You will find them ready for eating in about fifteen or twenty minutes if the stove be hot enough. No milk or cream.

OUR HEALTHY CITY.-Toronto mortality is considerably lower than in other cities in the Dominion, as seen by the statistics published by the Government every month. Why? One reason is the people eat the right kind of food. The choice Breakfast cereals and hygenic foods, manufactured in this city by the Ireland National Food Co., undoubtedly contribute much to the health and longevity of the people who use them, and they are declered incurs.

MESSRS. FULFORD & Co., Brockville, the well-known proprietors of Nasal Balm, have purchased the business formerly carried on by the Dr. Williams Medicine Co., of that place, whose Pink Pills for Pale People have already achieved great popularity where known. With the push and energy for which Messrs. Fulford & Co. are noted it is safe to assert that Pink Pills will soon become a household word throughout the Dominion. Their announcement appears elsewhere in this

THE QUEEN PAYS ALL EXPENSES. The Queen's last "Free Trip to Europe," such universal interest, the pub ishers of that popular magazine offer another and Szop extra for expenses, to the person sending them the targest list of English words constructed from Netters contained in the three words "Butch North America." Additional prizes, constitute of Silver Tea Sets, China Dinner Sats, Gold Watches, French Music Roses Popular Curtains Silk Presses Music Boxes, Portiere Curtains, Silk Dresses, Mantel Clocks and many other useful and valuable articles will also be awarded in order of merit. A special prize of a Scal Skin Jacket to the lady, and a handsome Shetland pony to the girl or boy (delivered free in Canada or United States), sending the largest lists. Every one sending a list of not less than twenty words will receive a present. Send four 3-cent stamps for complete rules, illustrated catalogue of prizes, and sample number of the Queen.

Address, The Canadian Queen, Toronto,

Canada.