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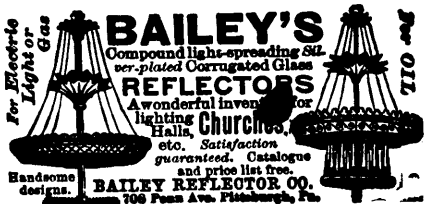
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We request all those seeking medical relief to write us con-

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do this. "The reader should do his own thinking and care-

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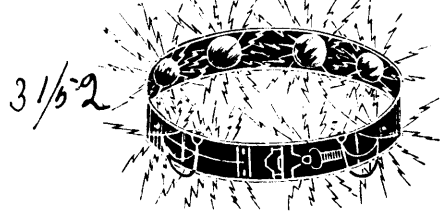
will soon profit by his ignorance."

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FROM

Dr. REDWOOD, Ph.D., F.I.C., F.C.S., &c.

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"Being authorised by Messrs. Pears to purchase at any
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"quality as is supplied to the general public), and to submit
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"guarantee the invariable purity of this soap.

"The proportion of alkalies to fats is absolutely chemically
"correct. In a perfect toilet soap neither preponderates—a
"characteristic the immense importance of which the public
"have not yet been 'educated up' to realizing. An excess of
"alkali or an excess of fat being alike very injurious, and even
"dangerous to a sensitive skin.

"It is also free from any admixture of artificial colouring
"substances, its well-known dark amber tint being entirely
"due to the natural colour of the materials used in its manu-
"facture.

"The perfumes introduced are pure, agreeable, and per-
"fectly harmless.

"No water has been added. Water is quite commonly added
"in the manufacture of soaps to increase their weight (some
"containing as much as 30 to 40 per cent.), but PEARS' SOAP
"is entirely free from any such admixture, and thus being
"all soap instead of soap and water, it is remarkably
"lasting, that is to say, that whilst producing an abundant lather
"it is not quickly worn away in use, and wears down to the
"smallest possible piece; there being consequently no waste
"it is really a remarkably cheap article.

"My analytical and practical experience of PEARS' SOAP
"now extends over a very lengthened period—nearly fifty years—
"during which time I have never come across another Toilet
"Soap which so closely comes up to my ideal of perfection; its
"purity is such that it may be used with perfect confidence
"upon the tenderest and most sensitive skin—even that of a
"new born babe."

E. O. W. 2/26
J. Redwood, Ph.D., F.I.C., F.C.S.

HOUSE CLEANING TIME!

To Lighten the Labour of House Cleaning, use

"SUNLIGHT" SOAP.

For restoring painted walls, doors, etc., to their original
freshness, or for removing dirt and grease from any and
every place, no soap in the world can equal the "Sunlight."

And while it is such a grand cleanser, it cannot injure
the most tender skin. Use it; you'll like it.

SUSTAINING, STRENGTH-GIVING,
INVIGORATING. 4 2/3-2

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IS A PERFECT FOOD FOR

INVALIDS AND CONVALESCENTS,

Supplying all the NUTRITIOUS PROPER-
TIES of PRIME BEEF in an EASILY
DIGESTED FORM.

HOUSEHOLD HINTS.

JARDINIER SALAD.—Cut the boiled string
beans, carrots and beets in small pieces. Add
some peas and arrange them in a mould upon
a bed of lettuce, moistening them slightly
with vinegar. Just before serving cover them
with a-half pint of mayonnaise dressing.

CHEESE WAFERS.—Rub a tablespoonful of
butter to a cream and stir in two tablespoon-
fuls of grated English cheese. Spread this
mixture on thin water crackers. Newport
waters or zephyrettes, or if you cannot get
thin crackers split the thicker ones. Keep
them in a hot oven till they are a delicate
brown.

CABINET PUDDING.—Fill a buttered mould
with alternate layers of bread crumbs and
raisins and citrons. Pour over this a custard
of a pint of milk, two eggs, three tablespoon-
fuls of sugar and a little salt. Flavour with
vanilla. Let the pudding stand an hour and
only steam it three-quarters of an hour. Eat
it hot with hard sauce.

JONQUIL BLANC MANGE.—Boil a quart of
milk with a tablespoonful of salt and four
tablespoonfuls of sugar. Soak half a box of
gelatine an hour in a teacup of milk, and when
the milk boils stir it in. When it is dissolved
add the yolks of four eggs. Flavour with van-
illa, pour into a mould wet with cold water,
and set it away to harden. Serve with
whipped cream heaped around it.

OYSTER SOUP.—One quart of oysters, one
quart of milk, one-half cup of butter, one-half
cup of powdered crackers. When milk boils,
add butter, crackers and oyster liquor (which
has been boiled and skimmed), then pepper
and salt to taste, and finally the oysters.
Cook three minutes longer and serve. May
also season with celery salt, or a teaspoonful
of Worcestershire sauce.

POTATOES A LA LYONNAISE.—These po-
tatoes are quite famous for their excellence.
Cut eight potatoes, boiled, into round slices;
lay them in a frying-pan with one and a-half
ounces of butter and the round slices of a pre-
viously fried onion, and season with one-half
pinch each of salt and pepper. Cook well
together for six minutes until well browned;
toss them well, and serve with a pinch of
chopped parsley sprinkled over the whole.

OATMEAL FRITTERS.—One egg well-beat-
ten, add one teacup of cooked oatmeal and
beat well, one-half teaspoonful of salt, one
tablespoonful of sugar, one-half teacup of
sweet milk, one teaspoonful baking powder
mixed with the flour before adding, and
enough flour to make a good thick batter.
Drop in small spoonfuls in hot lard and fry
brown. Don't have the spoonfuls very large,
or the cakes will not be done in the middle.

CARAMEL CUSTARD.—A quart of milk, a
scant teaspoonful of salt, five eggs, five dessert-
spoonfuls of sugar and a teaspoonful of van-
illa. Bake in a moderate oven, in a buttered
dish, and set in a pail of boiling water until,
trying it with a spoon, you find it firm in the
centre. When quite cold run a knife around
the edge and turn the custard out into a shal-
low dish. Pour the sauce around it. For the
sauce stir a cupful of sugar over the fire until
it is brown, but not burnt. Add a cup of boil-
ing water and cook slowly fifteen minutes.
Cool it before using.

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Cream
Baking
Powder

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40 Years the Standard