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Thousands Declare It So.

GRACE.—It gives me pleasure beyond expression to certify that your

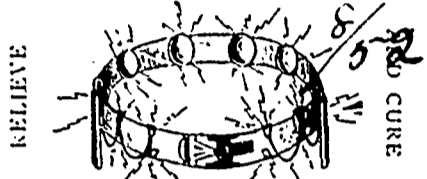
St. LEON WATER

has completely cured me of RHEUMATISM, HEADACHE and INDIGESTION, from which I suffered for many years, a cure which no other medicine or drug could effect. Publish this if you desire.

MADAME LEGRE, Montreal.

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.

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INDIGESTION, RHEUMATISM, SCIATICA, Neuralgia, Liver and Kidney Complaint, Troubles of the Heart, Nervous Debility or Prostration, Spinal Disease, Lame Back, Paralysis, St. Vitus Dance, all Female Complaints, Seminal Weakness, Impotence and all Diseases of the Nervous System.

OUR BATTERY BELT IS NOT A FAKK. But a legitimate electro-medical invention. It is absolutely the most perfect body attachment in existence. The battery current is larger than in any other, and the force can be regulated to a minimum. The belt can be worn at any time or in any place. It is convenient, effective and positive in its results. Our Belts and Attachments are the very latest, and ahead of all others. We court expert electrical and medical examination. Our Battery Belt and Attachments are endorsed by leading authorities. Self-application will answer. No consultation necessary. Send for book and particulars.

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FITS

Send at once for a FREE BOTTLE and a valuable Treatise. This remedy is a sure and radical cure and is perfectly harmless as no injurious drugs are used in its preparation. I will warrant it to cure in severe cases where other remedies have failed. My reason for sending a free bottle is: I want the medicine to be its own recommendation. It costs you nothing for a trial, and a radical cure is certain. Give Express and Post Office Address:

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THESE PREPARATIONS ARE FAMOUS

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ENDORSED AND USED

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MOST BEAUTIFUL WOMEN OF EVERY COUNTRY.

VOLUNTARY TESTIMONIALS

FROM MRS. DAMES

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AND THOUSANDS OF OTHERS.



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RECAMIER CREAM which is the first of these world-famous preparations, is made from the recipe used by Julie Recamier. It is not a cosmetic, but an emollient to be applied at night just before retiring, and to be removed in the morning by bathing freely. It will remove tan and sunburn, pimples, red spots or blotches, and make your face and hands as smooth, as white and as soft as an infant's. Price \$1.50.

RECAMIER BALM is a beautifier pure and simple. It is not a whitewash, and unlike most liquids, Recamier Balm is exceedingly beneficial, and is absolutely imperceptible, except in the delicate freshness and youthfulness which it imparts to the skin. Price \$1.50.

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RECAMIER SOAP is a perfectly pure article, guaranteed free from animal fat. This Soap contains many of the healing ingredients used in compounding Recamier Cream and Lotion. Scented, 50c.; unscented, 25c.

Read the following quotation from a certificate signed by three of the most eminent chemists in America:—

"The constituents of the Recamier Cream are well-known remedial agents, and their properties are fully described and authorized in the American and French pharmacopias. They are combined in a way which, while novel, is chemically correct, the resulting preparation being perfectly safe and beneficial for the uses specified. In the proper sense of the word, Recamier Cream is not a cosmetic, but a remedial agent for the skin."

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If your druggist does not keep the Recamier Preparations, refuse substitutes. Let him order for you, or order yourself from either of the Canadian offices of the Recamier Manufacturing Company, 374 and 376 St. Paul Street, Montreal, and 50 Wellington Street East, Toronto.

For sale in Canada at our regular New York prices: Recamier Cream, \$1.50; Recamier Balm, \$1.50; Recamier Moth and Freckle Lotion, \$1.50; Recamier Soap, scented, 50c.; unscented, 25c.; Recamier Powder, large boxes, \$1; small boxes, 50c.



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JOHNSTON'S FLUID BEEF.

It is a Valuable Food for the Sick, an Invigorating and Stimulating Beverage. Nutritious, Palatable and Easily Digested.

HOUSEHOLD HINTS

COCONUT PIE.—Beat one-half pound of butter and one-half pound of sugar (pulverized) to a cream; then add half a pound of grated cocoanut; stir in the whites of six eggs well beaten, and a wineglassful of rosewater or cream. This will make two pies.

APPLE JELLY.—Use fairly sour apples. Slice them, skins, seeds and all, and simmer with one-half a cup of water till well cooked and soft. Then strain through a cloth, add a pound of sugar to a pint of juice, boil a few moments, skimming till clear; then pour into glasses, and cover when cold.

TOMATO STEW.—Cut in small pieces cold stewed veal, and mix it with one quart of tomatoes which have been cooked for thirty minutes. Season to taste, add a little grated or chopped onion, and thicken with two tablespoonfuls of flour and butter rubbed together. Simmer for only a moment, and serve on toast.

MUTTON BROTH.—A mutton broth for immediate use can be made as follows: Have some chops cut from the best part of a neck of mutton, very thin, removing all the skin and fat. Put them in a saucepan, with the proper amount of water, some crusts of bread, a little sliced onion, and cover closely, cooking half an hour, or longer if possible. A little parsley can be added, if pleasing to the patient.

A step in the right direction. In the recent official report of the United States Government on baking powders, it is recommended that, for the protection of housewives against swindling, the composition of baking powders should be given. This is right and public sentiment should demand that a law be put in force to that effect.

POUND CAKE.—One pound of flour, one pound of sugar, one pound of butter, eight eggs, beat yolks and whites separately, then add yolks to the butter and sugar, with the flour, and lastly add one teaspoonful of essence of lemon, one teaspoonful of rosewater, half a grated nutmeg, and the whites of the eggs, beating all together thoroughly; then put in a cake tin and bake it in a quick oven.

CRYSTALLIZED PEARS.—Use only absolutely perfect fruit because the cores are to remain intact. For a dozen pears beat the whites of two fresh eggs only until they are liquid and smooth, and sift a large dish of confectioners' sugar; leave stems on the pears and peel them very thin and smooth. When peeled hold each one by the stem, roll it in the beaten egg until all parts are moistened, then in the sugar to thoroughly coat the entire surface, and dry the pears upon a large dish. If the first application of egg and sugar does not cover the fruit repeat it. To serve the fruit arrange it upon a glass or china dish for dessert.

ICED PEARS.—When there are over-ripe pears on hand, which are too soft for the table, but not absolutely decayed, peel and core them, put them into an ice-cream freezer with an equal measure of cold water, the juice of one lemon or an even saltspoonful of powdered citric acid to a quart of pears, and oversweeten the combination; freeze it like ice-cream, and serve it for dessert. Any which remains unused can be thickened with a little gelatine dissolved in warm water and cooled before being added to the fruit ice; measure the melted fruit ice, and allow the proportion of gelatine indicated for making wine jelly in the recipes which are enclosed in each package of gelatine. After adding the gelatine put the fruit-ice into a jelly mould and let it grow firm. In a cool place it will keep for two or three days. Turn it from the mould before sending in to the table; use it for luncheon or at a family dinner for dessert, taking care that it is very cold.

FOUND AT HOME WHAT HE SOUGHT FOR IN VAIN ABROAD.

A Toronto man a few years ago travelled for some months in Europe. The next year he roamed over the prairies of our own North-West, all in search of health and relief from dyspepsia. Three years ago he began to diet on Dissicated Wheat made by the Ireland National Food Co., and that cured him. He gained fifteen pounds in weight, and is now in excellent health.

A CHURCH - INTERIOR - SHOULD - HAVE - A - SOFT - SUBDUED - LIGHT - THE - GLASS - OF - SUCH - A - NATURE - THAT - WHILE - EXCLUDING - VIBRS - ADMITS - OF - A - TONED - LIGHT - TOWEVER - SIMPLE - IT - SHOULD - BE - HARMONIOUS - IN - COLOR - THIS - BEAUTIFYING - THE - INTERIOR - IF - SCRIPTURAL - INCIDENTS - ARE - ILLUSTRATED - THIS - SHOULD - BE - IN - CONCEPTION - AND - DRAWING - WORTHY - OF - RELIGIOUS - ART -

IN - PRIVATE - RESIDENCES - A - FEW - WINDOWS - COMMAND - AN - UN - PLEASANT - OUTLOOK; - A - PICTURE - IN - STAINED - GLASS - SHOULD - BE - USED - ALSO - IN - VESTIBULE - DOORS, TRANSOMS, &c.

A FEW SAMPLES OF OUR WORK 3 MEMORIALS, CHALMER'S CHURCH, KINGSTON, ONT. 7 MEMORIALS, ST. LUKE'S CHURCH, SAINT JOHN, N.B. BELL MEMORIAL, BELLEVILLE, ONT.

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