SUPERIOR TO COLORADO OR SARATOGA.



ST. LEON

MINERAL WATER

clears off Bile and Headaches, Don't feel at home without it. Colorado boasts no such water as et. Lech

WM. NASH, 31.3 Gerrand St., Toronto.

I find ST. LEON an excellent remedy, builds up the constitution far superior to the famed waters of Saratoga.

J. S. H. HOOVER, Niagara Street, Toronto.

THE St. LEON MINERAL WATER Co. (Limited),

- HEAD OFFICE -

101% KING STREET WEST, TORONTO

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



OF

IMPORTANCE

TO YOU.

We request all those seeking medical relief to write us con-identially and earn for themselves of what THE GREAT MODERN REMEDY

can do for them. To heal the sick we must destroy the cause; to do this the remedy mus be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is "a kumbute. No Electricity." "Health without Medicine," which contains nothing but the advice to use hot water enemas) or other remedies with no anti-septic qualities will do this. "The reader should do his own thinking and careful investigating, and not let others do it for him, else they will soon profit by his ignorance."

WM. RADAM MICROBE KILLER COMPANY, L't'd

120 KING ST. W., TORONTO, ONT.

Please mention this paper.

The Dorenwend Electric Belt and Attachments



### RELIEVE AND CURE ALL DISEASES WITHOUT MEDICINE.

WITHOUT MEDICINE.

Indigestion, Liver and Kidney Complaints, Rheumatism, Neuralgia, Lumbago, Gout, Spinal Disease. Nervous Prostration, Sleeplessness, Heart Troubles, Impotence. Seminal Weakness, and Disorders of the Nervous and Muscular Systems. Doreawend's Appliances are the very lates in Electro-Medical Discoveries. The current is under the control of the user, and can be made weak or strong. Every part is adjustable. The Belt will cure all diseases curable by electricity. They are endorsed by recognized authorities. Expert electrical and medical examination invited. No ther belt will stand this. Send for book on Electro-inedical Treatments. The Dorenwend Electric Belt and Attachment Co., 103 Yonge Street, Toronto. Mention this paper.

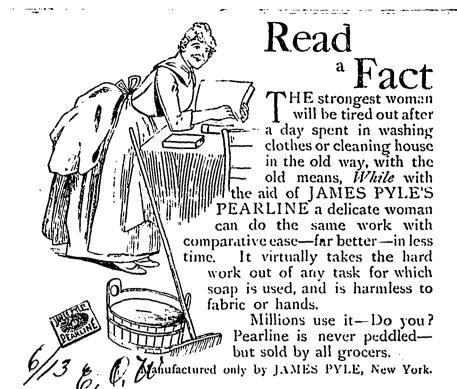
C. H DORENVEND, Electrician.

New Books every week. Catalogue, 132 pages, free; not sold by Dealers; prices too low; buy of the Publisher, JOHN B. ALDEN, 393 Pearl St., New York.

"A Skin of Beauty is a Joy Forever." DR. T. FELIX GOURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER

Purifies as well as beautifies the skin. No other cosmetic will do it.





## DESICCATED WHEAT FOOD

Is a luxury in health; a necessity in sickness; the children's delight; a cure for impaired digestion and dyspepsia, besides being a complete general purpose food suitable for every day in the year.

## DESICCATED ROLLED OATS.

In ordinary cereal food there is 70 per cent. of starch; in this food the starch is mostly converted into dextrine, which renders it easy of digestion, and a boon to dyspeptics.

## DESICCATED WHEAT

Is put up in neatly lithographed packages at a price within the reach of everybody. It gives force and strength to the system, and is recommended by the leading physicians.

Patented, manufactured and the trade supplied by

THE IRELAND NATIONAL FOOD Co. (Limited), TORONTO.

F. C. IRELAND, MANAGING DIRECTOR. Ask your Grocer for it.

# DR. A. WILFORD HALL'S CREAT DISCOVERY

HEALTH WITHOU

## NO PATENT MEDICINE TO PURIFY THE BLOOD NO DOCTORS' BILLS.

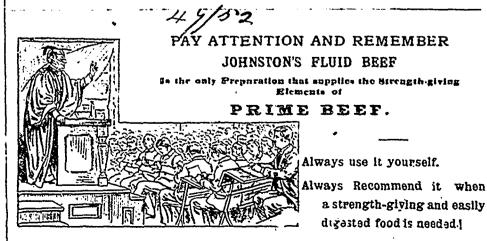
No Attacks from La Grippe, No Fevers, No Small Pox. No Throat Troubles. No Constipation, No Dyspepsia, No Nervous Headache.

NO EXPENSE after first outlay. Full knowledge revealed in pamphlet. PRICE FOUR DOLLARS—Anthorized Edition. Local Agents supplied at Wholesale Rates, and agents wanted everywhere.

For further particulars address

C. C. POMEROY,

General Agent, 49½ King St. W., Toronto.





## HOUSEHOLD HINTS.

PICKLED EGGS. - Drop hard-boiled eggl into a jar with pickled beets; they will color a lovely pink.

CHOCOLATE MARBLE CAKE. - Make silver cake. Mix chocolate with one third of the batter, and proceed as usual in this cake.

CURRANT CAKE. - Made like silver coke with the addition of Zante currants and the whole of two eggs, instead of the whites of three. Lemon flavour.

CHOCOLATE RIBBON CAKE. - Make silver cake, with middle layer darkened with choco. late instead of spice vanilla; use chocolate fig. ing or jelly, as preferred.

CITRON CAKE. - Made like silver cake. All sliced citron and flavour with almond. Fla vour the frosting with either lemon or vanille when almond is used in cake.

COCOANUT CAKE.-Make silver cake. Six in desiccated cocoanut to taste; one-half to two thirds of a cupful is usually desirable After frosting sprinkle cocoanut over the top. Of course, fresh cocoanut is to be preferred but cannot always be obtained.

ONFORD PUDDINGS .- Bread crumbs, fox ounces; currants and suet, of each a-quante of a pound; sugar, a dessertspoonful; grated lemon peel and allspice, of each a small quar tity. Mix the whole with four eggs, makeins balls, and fry in batter to a light brown. Sem with sweet sauce, or butter sauce, with a glass of rum stirred into it.

POACHED EGGS .- Butter the bottom of a frying pan and fill it nearly full of boiling water, slightly salted. The water should not boil, only simmer, and the eggs must be pa in carefully one at a time lest the yolks should break. When the whites are thoroughly sa take them up with a small flat skimmer, so that the water will drain off, and serve or toast or alone.

AUSTRIAN BURNT ALMOND MACCAROONS -One pound less one ounce of sweet almonds one ounce bitter almonds, one and a half pounds loaf sugar, rolled fine, whites of eight eggs. Blanch the almonds, dry them, and roast brown in a slow oven; then pound then to a smooth paste with a very little mx water. Whip the whites of the eggs to the lightest possible froth, and finish as usual

WATERMELON CAKE - Make like silver cake. Take out one-third of the batter. Add about two tablespoonfuls of red sugar to this Put layer of white in tin, add the red. Ly evenly upon the red one-half or two-thirds of a cupful of raisins, for water-nelon seeds. Rupidly cover with the remainder of the white. Frost with red, either mixing the sugar into the frosting, or sprinkling upon it before day ing. Vanilla flavouring.

GIBLET SOUP.-Scald two sets of goose giblets, cut them in pieces, and put them in a saucepan with a pound of gravy beef, a cough of onions, a bunch of sweet herbs, a teaspoxful of whole white pepper, and the same quastity of salt; cover with water, and stewund the gizzards are tender, then strain. Pour the soup back into the saucepan, thicken with butter and flour, boil it ten minutes longer, skim, add a tablespoonful of mushroom ketchup, a little lemon juice and cayenne pepper; return the giblets to the soup, and sem very hot. This soup may likewise be made with duck giblets.

