

RADWAY'S READY RELIEF

FOR INTERNAL AND EXTERNAL USE.

Instantly stops the most excruciating pains, allays inflammation and cures congestions, whether of the Lungs, Stomach, Bowels, or other glands or mucous membranes.

ACHES AND PAINS.

For Headache (whether sick or nervous), tooth-ache, neuralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Radway's Ready Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

Strong Testimony of Emigrant Commissioner, the Hon. George Starr, as to the power of Radway's Ready Relief in a Case of Sciatica, Rheumatism.

VAN NESS PLACE, NEW YORK.

DR. RADWAY—With me your Relief has worked wonders. For the last three years I have had frequent and severe attacks of sciatica, sometimes extending from the lumbar regions to my ankles, and at times to both lower limbs.

During the time I have been afflicted I have tried almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be failures.

I have tried various kinds of baths, manipulation, outward application of liniments too numerous to mention, and prescriptions of the most eminent physicians, all of which failed to give me relief.

Last September at the urgent request of a friend (who had been afflicted as myself), I was induced to try your remedy. I was then suffering fearfully with one of my old turns. To my surprise and delight the first application gave me ease, after bathing and rubbing the parts affected, leaving the limbs in a warm glow, created by the Relief. In a short time the pain passed entirely away. Although I have slight periodical attacks approaching a change of weather, I know now how to cure myself, and feel quite master of the situation. RADWAY'S READY RELIEF is my friend. I never travel without a bottle in my valise.

Yours truly, GEO. STARR.

INTERNALLY—A half tea spoonful in half a tumbler of water will in a few minutes cure Cramps, Spasms, Sour Stomach, Nausea, Vomiting, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Colic, Flatulency and all internal pains.

Malaria Cured and Prevented.

There is not a remedial agent in the world that will cure fever and ague and all other malarial, bilious and other fevers, aided by RADWAY'S PILLS, so quickly as RADWAY'S READY RELIEF.

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After repeated chemical analyses of the Wines made by Robert Bradford of No. 525 Parliament St., Toronto, I do not hesitate to pronounce them to be unsurpassed by any of the native Wines that have come under my observation.

Analyses show them to contain liberal amounts of the etherical and saline elements, sugar and tannic acid etc., characteristic of true Wine and which modify materially the effects which would be produced by alcohol alone.

Retaining to a high degree the natural flavor of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

CHAS. F. HEBBNER, Ph. G. Pharm. B. Dean and Professor of Pharmacy, Ontario College of Pharmacy.

R. BRADFORD,

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Or more, according to amount saved per month. It is the DOLLARS SAVED, not those EARNED, which measure the degree of our future wealth and prosperity.

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2 Cents a day for 8 years and get \$100 ?
10 Cents a day for 8 years and get \$500 ?
20 Cents a day for 8 years and get \$1000 ?
You can if you will.

So long as the masses of the people do not save anything out of their earnings, just so long will the SPENDING go into the hands of those who do save, and THEY are the capitalists. This is why the few own the houses and the many pay the rent. Do you wish to remain one of the " masses," or do you wish to become a capitalist?

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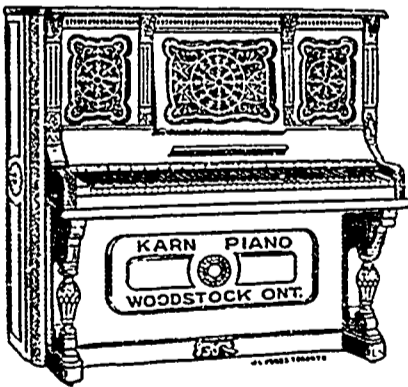
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HEALTH AND HOUSEHOLD HINTS.

Raspberry Shortcake.—This is made precisely in all respects like strawberry shortcake, except that a little less sugar will be required. Sweet or whipped cream makes an excellent sauce.

Velvet Cake.—One pound of flour, one pound of sugar, half a pound of butter, five eggs beaten separately, then poured together and beaten again; half a teaspoonful of soda, a teaspoonful of cream tartar; flavor with vanilla.

Peas a l'Anglaise.—Boil the peas until tender, drain and put them into a saucepan, allowing an ounce of butter to a pint of peas. Set on the stove, stir gently till thoroughly hot, add a little chopped parsley and the yolk of one egg and serve.

Favorite Sherbet.—Boil for five minutes, one pint of water, a half pound of sugar and a chipping or two of yellow rind of lemon. Strain, and when cool add juice of a good-sized lemon and a half pint bottle of grape juice, and the unbeaten white of an egg. When perfectly cold, freeze. Remove dasher and serve in glasses.

Cucumbers.—Cucumbers should be gathered while the dew is yet on them, and put immediately on the ice. An hour before dinner pare and slice them very thin, and let them lie in salted ice water till dinner is ready, then drain them, and put them into a glass dish, and sprinkle bits of ice over them. Serve them with a French dressing in a separate dish.

To Bake a Ham with Spice and Wine.—Boil the ham to within three quarters of an hour of dinner time. Take it out of the pot, skin it, trim it and put it in a dripping pan. Pour thickly over the top a small bowlful of brown sugar, half a tumblerful of Madeira wine and two tablespoonfuls each of allspice and cloves. Put into the oven and bake half an hour, basting frequently with the essence that runs from it.

Chilled Watermelon.—Split a nice ripe watermelon into halves. Scoop it out, removing the seeds. Now, with a silver spoon, chop the watermelon into small pieces. Sprinkle over about a half pound of powdered sugar and the juice of a lemon. Turn this into a freezer, pack with salt and ice, and stir very slowly for about fifteen minutes, until the watermelon is frozen like soft snow. Serve in punch glasses.

Raspberry Blancmange.—Smooth four tablespoonfuls of cornstarch in an equal quantity of milk, and add to it a quart of boiling fresh milk, to which as it thickens add four tablespoonfuls of sugar. When it is cooked, stir in half a cupful of juice from fresh berries, slightly sweetened. Turn into a mold and serve with sweet cream. The juice from canned raspberries may be used, but is not as good as the fresh fruit.

Frozen Coffee.—Measure four heaping tablespoonfuls of pulverized coffee. Put it into a farina boiler and pour over it one quart of freshly boiled water, cover the boiler and stand it over the fire for ten minutes. Then strain through two thickness of cheese cloth, add half a pound of sugar, stir until the sugar is dissolved, and when cold, drop in the white of an egg unbeaten, half a pint of cream and turn it at once into the freezer. Freeze as you would a serbet, stirring carefully but continuously. Serve in glasses as quickly as frozen.

Baked Lobster.—Take a lobster weighing about three pounds; chop it fine and add a tablespoonful of chopped parsley and three good tablespoonfuls of flour. Mix thoroughly; put in a stew-pan and heat, then add gradually a pint of milk; a teaspoon with a teaspoonful of onion juice, a teaspoonful of celery salt, one-fourth teaspoonful red pepper, salt to taste, add a lump of butter the size of an egg. Stir constantly; just before taking from the fire add one well-beaten egg. Stir thoroughly and remove from the fire. Turn into a dish, cover the top with fine bread crumbs and bits of butter and bake a nice brown. It is very nice baked in shells.

Fried Tomatoes.—Select firm but thoroughly ripe tomatoes for this purpose. Peel them and lay them on the ice so they will be cold and firm when needed. Cut them in slices not less than one-half inch in thickness. Have a deep kettle of frying fat ready. Heat it until it smokes in the centre. Dip the slices in an egg which has been beaten up with two teaspoonfuls of water and a few drops of onion juice. Sprinkle a little salt and pepper over the sliced tomatoes and dip them in fine sifted bread crumbs. Egg them again, and put bread crumbs over them a second time. Put them on a wire spoon and immerse them in the hot fat for eight minutes. When they rise to the top of the fat, turn them over, and in a moment or two more they will be done. They will be an even golden brown on both sides, delicious to the taste, and a very ornamental dish when served, as they should be, on a napkin, one slice overlapping one another in a circle and a garnish of green celery in the centre.

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BAD BLOOD

This complaint often arises from Dyspepsia as well as from Constipation, Hereditary Taint, etc. Good blood cannot be made by the Dyspeptic, and Bad Blood is the most prolific source of suffering, causing

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Mr. Walter Besant, among other reasons for his opposition to woman suffrage, says that men have to do the conquering, the defending and the providing, and they ought to do the governing.

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