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ATISM NEURALGIA, Frostbites, Chilblains, Headache, oothache Asthmn DIFFICULT BREATHING OORR THR WORST PANE in from one to twent mimutes. NOT ONE HOUR after reading this ad
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That instantly stops the most excruciating pains, llays inimmanation and Bowels, or others, whothe rgans, by une application

ALL INTERNAL PAINS, Cramps in the Bowels or Stomach, Spasms, Sour Stom Colic, Flatulency, Fainting Spells, are re eved instantly and quickly cured by taxing internally as directed.
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Fussess pruperties the most extracrdinary in解 various health. They stimnlate to healthy action are 80 necessary for health, grapple with and neutralize the impurities, driving them completely out of the system.

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BEST QUALITY OF BREAD. Brown Bread, White Bread.

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whout the uxe of clither arinclal coloringor WHinge the uxe of clither
Atlor ropoated chemical analyson of tho Winos mado
afRort Mrailord of No. 595 Parliamont St. Toronto. do cot hasitato to pronounco them to bo nasurpabso bscryation. Anajsees ghop thom to contain liboral amounts of thocthorosjand fallino olomonts, bugarandtannic acid

Ratoining to n high dogroo tho natoral davor of the
grapo the sorvo tho pupposo of a pleacapt table Wino


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Whan miting to adrartivers pleaso mention

Ask for Minard's and take no other.

## giticura Slap.

## EALTH AND HOUSEHOLD BINTS

There are very few soups more delicious than those made from the tender young vegetthan those made from the tender ynung vegetables that come at this season of the year. A vegetable soup should he a spring soup, as alt tere veretables that go to make up the
French macedoine of vegetables are in perFrench macedoine of vegetables are in per-
fection at this season of the year. Carrots fection at this sesson of the year. Carrots become rank and coarse with age and have
none of the sweet succulence of the young The sweet succulence of the young root. The same is true of the voung turnip,
which possesses a nutty flavor unknown to the which possesses a nutty flavor unknown to the full-grown root of autumn. Green peas ing hard in less than a day's time atter they arrive at perfection, make a very delicious puree which is not very well known
Take for this a pint of fresh a
Take Mor this a pint of fresh, tender, green white stocl:. Add a young onion and a small sprig of carror, both cut in slices : half a bay leal, a sprig of thyme and a spray of parsiey, with one branch of soup celery if convenient Let the soup simmer slowly for half an hou or till the peas may be easlly mashed. Strain the soup through a pure sieve, season it with salt and pepper and return it to the fire, stir ring it continually till it begins to boil again Let is cook five minutes. Then add a cup of cream, a teaspoonful of butter and a cup of nicely browned croutons and serve it at once. Another spring soup which is even less familiar is called in a patronizing manner "Soup ta bonne femme." The foundation for the soup is sorrel, the peculiar acid of which is undoubtedly wholesome at this season of the year, if used in moderation. Take a scant quart of sorrel, wash it well, add a tablespounful of butter and stir it in a tright porcelain lined saucepan for about ten minutes, when it should be thoroughly mo stened and soft, so that it may be rubbed .hrough a puree sieve. Add a quart of nice white stock and let the soup cook slowly for 25 minutes longer. Beat the yolk of one or two eggs, as vou may prefer, into a half cup of cream, and stir with a little of the hot soup. Then beat it into the remaioder of the soup. Do not let the soup boil after beating in the egg, but serve it at once with little sipples of toast. An agree.
able addition to this soup is half a cup of able addition to this soup is half a cup of asparagus tips, added when the sorrel is put in the stock and cooked with it.
Cream of asparagus soup is too familiar today to require a recipe, but it is to be commended as one of the most excellent soups of this season. One of the mistakes that housekeepers sometimes make is not to season it sufficientiy. It should be seasoned with whole peppers, as even white pepper is likely to show in so delicate a soup. The whole peppers, of course, are strained out when the soup is served.
The fire may be let out in the afternoon and the iea nay be served from a kerosene, gasolene or some other of the summer stoves, which may be quickly lighted and as readily extinguished, and which do not heat up the kitchen like the coal range.

USEFUL HINTS TO HOUSEREEPERS.
Preventives for flies will never cease, but a most simple one, that is warranted to be very effective, is the presence of sweet clover in the room. This plant is abhorrent to fies, but it 15 also very objectionable to these who have
bay fever. bay fever
Swetbrier is one of the most delightful of our more common plants with which to decorate sitting rooms, for ats fragrance, though very sweet, is dot hable to affect one seriously. The leaves also are
pillows with, like balsam.
There is a very good, old-fashioned method of sweeping carpets with a broom wet with of sweepias It is the best way yet trown brighten the colors of the carpet and thorough ly remove the layer of dust that almays seties back after the heavy sweeping is over.
A good way to remove paint that has been spattered on a window pane is to wet it with alcohol, a small portion at a time if it is a large splash, and then rub it with the edge of 2 penny.
To clean marble take one ounce of potash, tro ounces of whiting and a square of yellow soap, cut into small pieces; boil all together in a saucepan until it begins to thicken; ap. in a saucepan until it begins to thicken; ap-
ply this with a large brush to the marble. If the marble is very durty, let it remain on all night; it not, one hour will be sufficient. Then wash it carefully off rith plenty of cold water and a sponge. Take care the mixture is not applied too hot. This is an old and well-approved recipe
The ordidary nervous headache will be greatly relieved, and in many cases, entirely cured, by removing the maist of one's dress, knotting the hair high upon the head out of the way and, while leaning over 3 basin, placong a sponge soaked in water as hot as it can be borne on the back of the neck. Repeat this many times, also applying the sponge behind the cars, and the strained muscles and verves that have caused so mach misery will be felt to relax and smacth themselves out deliciously, and very frequently the pain promptly vanishes in consequence.

# B.B.B. CHRES  

## AND SIGK HERDAOHE



3r8. pisher.
A Splendid Remedy. Girs - Ithinsit my duty to make known the
 ucod threo bottles of liurdock Blood bittors,
which relioved mofrom buformg 1 osuem thir
splendid reunedy abovo all others and recom splendid remedy abovo all others and rocom
wond it tonll sugeringfrom constipation.

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The meanest thing that dios on a field u battle represents a loss of twenty years uve and labur on sumebodys part. It serm a pity to put ou much work inter the provive
and then fing it away. The waste of we only begins with the waste of taxes. A grat only begins mith the waste of taxos. A gre:
battle is prodigality carried to its furthes battle is prodigality cal
verge-London Neus.

Get the Best.
The public are too intelligent to pur chase a worthless articie a second time, or lans contrary they want ingous in ray!ng אcott's Emulaion is the best form of con riser 011 .

A now system of ship ventilstion has $n$ cently been fitted on several steamers by liand Thompson, \& Co., of Glasgow and London Durncast and upcast shats aro end of the holds to be ventilated,and ojectura end of the holds to be ventilated, and ejecturit
worked by compressed air, are fittod at thi worked by compressed air, are fittod at th
bottom of tho upcast slanfts. A constant cir culation of air through the holds is thus se cured.

Liquid fuel, in the form of petroleus refuso, has beon tried with such success by: cerman Naval authorities on a small scale the iven much attention to the subject, has heec invitod to visit Gormany and conduct furthes exporiments.

I belinve Minard'S LINIMENT mi cure overy case of Diphtheria.
Riverdale.
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Stanloy, P.E.I. Mras. Cuarles Andersns. I believe MINARDS LINIMENT is the號 household remedy on earth. Oil Oity, Ont. Matrinas Foley

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