

"Citizens of Toronto, rejoice and be glad." You have within your reach a mineral water called St. Leon, which, for gout, rheumatism and diseases of the kidneys, including diabetes and even Bright's disease of the kidneys, when freely used, is superior to all other mineral waters without any exception. It contains purgative and revivifying agents of the highest order. For persons in health it is an excellent regulator and health preservative as well as an agreeable beverage. It is the strongest antidote known to science as a blood purifier. To crown all, it carried off the gold medal and diploma, the highest honours awarded at Quebec, in September, 1883, the judges giving it a very strong recommendation. The company owning the St. Leon Springs have a fine hotel in connection with them, managed by your well-known fellow-citizen, Mr. M. A. Thomas, than whom as a caterer there is none such. The hotel opens on the 1st of June with a full staff of efficient cooks and waiters and with rates to suit all. They expect to fill the hotel, which can accommodate between five and six hundred guests. The baths in connection are an institution that many of our own citizens can speak of in the most glowing terms. Mr. Thomas invites you all to come, to drink and to be merry.

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



OF
IMPORTANCE
TO YOU.

We request all those seeking medical relief to write us confidentially and earn for themselves what

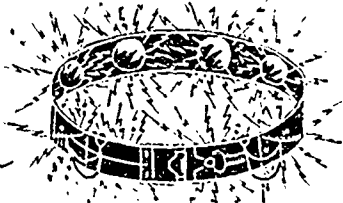
THE GREAT MODERN REMEDY

can do for them. To heal the sick we must destroy the cause. To do this the remedy must be 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 humbug. 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'td
120 KING ST. W., TORONTO, ONT.

Please mention this paper.

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RELIEVE AND CURE ALL DISEASES
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. Dorenwend's Appliances are the very latest 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 other belt will stand this. Send for book on Electro-medical Treatments. The Dorenwend Electric Belt and Attachment Co., 103 Yonge Street, Toronto. Mention this paper.

C. H. DORENWEND, Electrician.

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Ready for use in any quantity. For making Soap, Softening Water, Disinfecting, and a hundred other uses. A can equals 20 pounds of Soda.

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INCREASES MADE IN 1890

In Income,	-	\$55,168.00
In Assets,	-	\$417,141.00
In Cash Surplus,	-	\$68,648.00
In New Business,	-	\$706,967.00
In Business in Force,	-	\$1,600,376.00

W. C. MACDONALD,
ACTUARY.

J. K. MACDONALD,
MANAGING DIRECTOR.

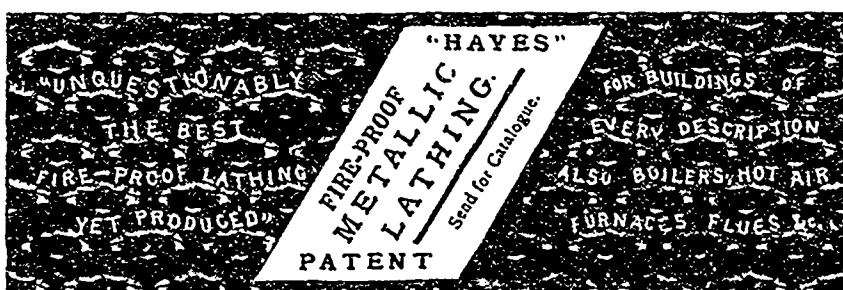
ESTABLISHED 1884.

TELEPHONE No. 1457.

INCORPORATED 1885.

THE METALLIC ROOFING Co. OF CANADA, Limited,

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Eastlake Metallic Shingles, Mansard Shingles, Sheet Steel Bricks,
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Elevator Siding, Corrugated Iron.

Office and Factory, Rear Nos. 84, 86, 88 and 90 Yonge Street, Toronto

HOUSEHOLD HINTS.

SNOW PUDDING.—Two-thirds of a box gelatine dissolved in a cup of cold water. One pint of boiling water, juice of one lemon, one-half cup of sherry wine, one and one-half cups of sugar, two or three cloves put in gelatine while hot. When tepid, beat whites of four eggs, after having beaten to a stiff froth. For sauce.—Yolk of the egg, one pint of milk, two tablespoonfuls of sugar, flavour with vanilla.

APPLE MARMALADE.—Twelve pounds, six scur apples, three pints of cold water, six pounds of loaf sugar broken in small pieces, peel, quarter and core the apples, pour on them the cold water, and boil till they are beat to a smooth pulp, then add the sugar and boil till the marmalade becomes perfectly firm; continual and brisk stirring necessary, but no skimming; pour into jars, and when cold cover in the usual way.

LEMON MARMALADE.—To every pound of fruit add three-quarters of a pound of loaf sugar. Pare the lemons, boil the peel in water till soft, then take out the white and pour the remainder in a mortar till quite fine, mixing with them a little of the juice; pass all with the remainder of the juice through a sieve into a preserving pan; add the above quantity of sugar, boil it for one-half an hour or more till it sets, when cold, into a jelly, pour into jars and cover in the usual way.

RICE CROQUETTES WITH JELLY.—Cook one cup of well-washed rice with two cups of boiling water, add one-half teaspoonful of salt, and steam till tender. Make one cup of thick cream sauce with one tablespoonful of butter and two tablespoonfuls of flour, one saltspoonful of salt and one cup of hot milk, add the beaten yolk of one egg and the rice, cool, shape, roll in crumbs, in egg and crumbs and fry in hot lard. Serve with jelly. Dish the eggs with two tablespoonfuls of water. This is better for rolling the croquettes than the egg without the water.

CURRY OF MUTTON.—Cook one onion cut fine, in one heaping tablespoonful of butter till yellow; add two pounds of lean mutton, cut in small pieces, and when slightly brown cover and let it cook half an hour; add two teaspoonfuls of curry powder, one teaspoonful of salt, one saltspoonful of pepper and one tablespoonful of flour, wet with one-third of a cup of cold water; add one cup of stewed and strained tomato and simmer till tender. Just before serving add one heaping tablespoonful of grated cocoanut and serve with boiled rice. Mutton, lamb or veal are better for a curry than beef is, because the process of cooking toughens the beef.

CHOCOLATE PUDDING.—Rub two tablespoonfuls of butter to a cream, add two tablespoonfuls of flour and pour on slowly one and one-half cups of hot milk. Melt three ounces of grated chocolate with three tablespoonfuls of sugar and three tablespoonfuls of hot water. Put the first mixture on to boil in a double boiler, add the chocolate and cook eight minutes. Remove from the fire, add the beaten yolks of five eggs and set away to cool. Half an hour before serving add the well-beaten whites and bake in a buttered dish about half an hour. Serve with one cup of cream, sweetened with two tablespoonfuls of powdered sugar and beaten till thick.

**Dr. Price's
Cream
Baking
Powder.**

Used in Millions of Homes—
40 Years the Standard