

Dr. J. Rolph Malcolm,
(ESTABLISHED 1863.)
*Physician for Affections of Throat, Lungs
and all other Chronic Diseases.*
357 KING ST. WEST, TORONTO.

SPECIALTY—The Treatment of Affections of
the Respiratory Organs and Inflammation.
All those suffering from Catarrh, Bronchitis,
Asthma, Consumption, or any other disease of
long standing, are cordially invited to call.
CONSULTATION FREE.

Books giving full particulars, mailed free, on ap-
plication.

A NOTED BUT UNTITLED WOMAN.
(From the Boston Globe.)



Mrs. Editors—
The above is a good likeness of Mrs. Lydia E. Pinkham, of Lynn, Mass., who above all other human beings may be truthfully called the "Dear Friend of Women," as some of her correspondents love to call her. She is really devoted to her work, which is the outcome of a life-study, and is obliged to keep six lady assistants, to help her answer the large correspondence which daily pours in upon her, each bearing its special burden of suffering, or joy at release from it. Her Vegetable Compound is a medicine for good and not evil purposes. I have personally investigated it and am satisfied of the truth of this.

On account of its proven merits it is recommended and prescribed by the best physicians in the country. One says: "It works like a charm and saves much pain. It will cure entirely the worst form of falling of the uterus, Leucorrhoea, irregular and painful menstruation, all Ovarian Troubles, Inflammation and Ulceration, Floodings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life."

It permeates every portion of the system, and gives new life and vigor. It removes faintness, flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. It cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indigestion. That feeling of bearing down, causing pain, weight and backache, is always permanently cured by its use. It will at all times, and under all circumstances, act in harmony with the law that governs the female system.

It costs only \$1. per bottle or six for \$5., and is sold by druggists. Any advice required as to special cases, and the names of many who have been restored to perfect health by the use of the Vegetable Compound, can be obtained by addressing Mrs. P., with stamp for reply, at her home in Lynn, Mass.

For Kidney Complaint of either sex this compound is unsurpassed as abundant testimonials show.

"Mrs. Pinkham's Liver Pills," says one writer, "are the best in the world for the cure of Constipation, Biliousness and Torpidity of the liver. Her Blood Purifier works wonders in its special line and bids fair to equal the Compound in its popularity."

All must respect her as an Angel of Mercy whose sole ambition is to do good to others.
Philadelphia, Pa. (C) Mrs. A. M. D.

WELLS, RICHARDSON & CO'S
IMPROVED BUTTER COLOR
A NEW DISCOVERY.

For several years we have furnished the dairymen of America with an artificial color for butter, so meritorious that it met with great success everywhere, and is now the highest and only price at both International Dairy Fairs.

But by patient and scientific chemical research we have improved in several respects, and now offer this new color as the best in the world. **It Will Not Color the Buttermilk. It Will Not Turn Rancid. It is the Strongest, Brightest and Cheapest Color Made.**

And, while prepared in oil, is so compounded that it is impossible for it to become rancid. **BEWARE** of all imitations, and of all other oil colors for they are liable to become rancid and spoil the butter.

If you cannot get the "improved" write us to know where and how to get it without extra expense.
WELLS, RICHARDSON & CO., Burlington, Vt.

YOUTHFUL FOLLIES
and pernicious practices pursued in so judicious and fruitful a cause of nervous Debility, Impaired Memory, Dependancy, Lack of Self-control, and Will Power, Involuntary losses and Winded Courses of Weakness and loss Manly Power. Send three letter postage stamps for large illustrated treatise suggesting means of complete cure. **World's Dispensary Medical Association, Buffalo, N.Y.**

Scientific and Useful.

VERY nice puddings can be made with stale cake.

CHICKS should be wrapped in a piece of clean linen and kept in a box.

BREAD or cake must be thoroughly cooled before being put in a box or jar. If not, the steam will cause them to mould quickly.

MILK, cream, and butter all quickly absorb strong odours; therefore care must be taken to keep them in a cool, sweet room, or in an ice-chest.

If you cut pineapple in thin slices and scatter sugar over it the day before you serve it, you need not and any water to make the liquor. Keep in a cool place.

A RICH pudding-sauce is made of the yolks of five eggs, one cup of sugar, half a cup of butter; beat all together till light, then add slowly one pint of boiling water.

FOR one who can afford to use it in this way, whipped cream, highly flavoured with vanilla, rose water, or wine, makes the richest and most agreeable pudding sauce.

CHICKEN AND TURKEY LIVERS.—The livers of chickens and turkeys are nice fried with a few thin slices of bacon. Cut the liver and bacon very thin; season with pepper and salt. This is a good breakfast dish.

SPONGE DROPS.—Sponge drops are nice to mix with other cake in the basket. Beat four eggs to a stiff froth; then stir in one heaping cup of sugar and one cup and a third of flour. One teaspoonful of baking-powder should be thoroughly mixed with the flour. Flavour with lemon, and drop from a dessert spoon on buttered paper; bake on tin plates. The oven should be hot and the cakes will bake in a few minutes. They require watching, as they are very likely to brown too much.

TRUE household economy extends to the smallest details. It would not be a bad idea to give premiums to those women who manage to afford their families the most comfort at the least expense. She who would stand any chance of taking the first prize must put her heart as well as her hands into the work; she who "hates housework" should be ruled out of the competition on the ground of disability. To save without stinginess in matters of food, clothing, furniture, books and recreations, is a fine art for the head of a family to cultivate more and more unto perfection.

PUDDING.—For a delicate and very nice dessert make a pudding thus: Dissolve half an ounce of gelatine in half a pint of cold milk; let it come to a boil gradually. When hot, but not boiling, add the yoke of three well-beaten eggs. Stir constantly; sweeten to your taste; or, if you wish a definite direction, put in a quarter of a pound of sugar. This is the right amount for most people. When this is cold, stir in it a pint of whipped cream; flavour with lemon or vanilla; and, the last thing, stir in the whites of the three eggs; have them beaten quite stiff. Serve this cool, with cake or with fruit.

ROAST TURKEY.—A turkey weighing not more than eight or nine pounds. Wash and clean thoroughly, wiping dry, as moisture will spoil the stuffing. Take one small loaf of bread grated fine, rub into a piece of butter the size of an egg, one small teaspoonful of pepper, and one of salt; sage if liked. Rub all together and fill only the breast of the turkey, sewing up so that the stuffing can not cook out. Always put the giblets under the side of the fowl, so that they will not dry up. Rub salt and pepper on the outside, put into dripping-pan with one teacupful of water, basting often, turning it till brown all over. Bake about three hours. Have left in the chopping bowl a little stuffing, take out the giblets and chop fine. After taking out the turkey put in a large tablespoonful of flour, stir until brown. Put the giblets into a gravy boat and pour the gravy over them.

The reason why the surgeons of the International Throat and Lung Institute, 173 Church street, Toronto, are making so many wonderful cures of catarrh, catarrhal deafness, bronchitis, asthma and consumption are: They have not only skilled and qualified medical men associated with the Institute. They adhere strictly to their speciality and they use the sphygmometer invented by M. Souvieux, ex-aido surgeon of the French army, an instrument which conveys the medicines in the form of cold inhalations to the parts diseased, which is the only way these diseases can be cured. They are treating hundreds of patients every month, having twelve surgeons engaged in their work in Canada alone. Send a three-cent stamp for a copy of their International News, published monthly at 173 Church street, Toronto.

IN THE SPRING TIME
EVERYBODY IS TROUBLED WITH ANNOYING
DISEASES OF THE LIVER

**Biliousness,
Jaundice,
Constipation,
or Headache.**

The disorders which always follow the failures of the Liver and Bowels to perform their proper functions, can be conquered at once by the use of *Kidney-Wort*. Any derangement of the bile at once manifests itself in great bodily discomfort, loss of appetite and in despondency.

SYMPTOMS.

Pain in the right side which is very sensitive to pressure. The pain will sometimes appear to be located under the shoulder blade. There is also irregular appetite, flatulency, a yellowish tint in the region of the stomach, and a yellowish coloration of the whites of the eyes become yellow, the stools clay-colored and the urine yellow, and a copious sediment. There is generally a bitter tongue, and at times diarrhoea, and at others obstinate constipation, in short, disordered functions of the stomach and entire tract of the bowels.

These symptoms, if not speedily grappled with, will result in the most serious consequences to the whole system, prostrating it and destroying all its vitality and energies. When the liver becomes torpid or gives evidence of undue activity, a few doses of *Kidney-Wort* and a little caution in relation to a diet, will restore the patient to health and vigour as if by enchantment.

Most remedies used for disorders of the liver and bile act on the wrong principle, as they are simply cathartics, and merely carry off the accumulated secretions.

Kidney-Wort on the contrary goes to the very root of the evil, as it acts on the Liver and Kidneys at the same time, and by its mild but efficient cathartic action moves the bowels freely. The morbid poisons that have been the cause of all this disease and suffering will be thrown off, new life will be infused into every organ, and the health-giving forces will again exert their power.

It is well known that the kidneys are nature's sluiceway to wash away the debris and impurities that are being constantly developed in every human system. If they fail to act freely, health will soon suffer. But the kidneys cannot perform their own proper offices, and at the same time eliminate those impurities that should pass off by free action of the bowels. How important it is then, to have a remedy that will have the power to keep up the natural action of both these important functions.

THIS REMEDY IS KIDNEY-WORT.

Have you indicated the trouble that has harassed you? Then use a package of this medicine and be cured.

READ A SAMPLE TESTIMONIAL.

"I prayed God to deliver me by death."
Headquarters Veteran Corps 69th Regiment,
Armoury, Tompkins Market,
New York, May 6th, 1883.

Gentlemen I have just commenced on my second bottle of "Kidney-Wort." I have but little faith in either doctors or medicine, more particularly in medicines extensively advertised. However, I have suffered perhaps as no other man has suffered, from liver disease—brought on by malaria. I suffered for years, till it became chronic, simply from neglect. I have taken quinine till my head swam, and my nerves were totally unstrung. Last year I went to Europe to try and better it, but came back worse. In reading many of your advertisements I came to the conclusion, as a *desperate resort*, to try the "Kidney-Wort," and did so. After the fourth day I got an attack of the old malady. I prayed God to relieve me by death, but kept to the medicine as ordered, and I want to tell you to-day, and all sufferers from Liver disease, that the last three weeks I have enjoyed such good health as I have not had in many, many years. I simply write you this that other sufferers may benefit by it. Very truly yours,
HENRY WARD,
Late Col. 69th Reg., N. G., S. N. Y.,
173 West Side Ave., Jersey City Heights, N. J.

ESTABLISHED 1856. ESTABLISHED 1856.
P. BURNS.
Coal and Wood.

GREAT REDUCTION IN PRICES.
Best Hardwood, Beech and Maple, delivered to any part of the city (per cord) \$5 50
and Quality, Beech and Maple, delivered to any part of city (per cord) 4 00
Beech and Maple, by car-loads, in T., G. & B. R. yards (per cord) 4 50

All Descriptions of Hard & Soft Coal
BEST QUALITIES, LOWEST RATES.

Orders left at office, cor. Bathurst and Front Sts., 51 King Street East, Youngs Street Wharf, and 53 Queen Street West, will receive prompt attention.

AGENTS Wanted for the sale of the Standard Bibles and works of character, great variety of books, etc. Selling last week 100,000 copies. Liberal terms. Bradley, Garretson & Co., Toronto, Ontario, Canada.

VITAL QUESTIONS!!

Ask the most eminent physician
Of any school, what is the best thing in the world for quieting and allaying all irritation of the nerves and curing all forms of nervous complaints, giving natural, childlike refreshing sleep always?
And they will tell you unhesitatingly
"Some form of Hops!"

CHAPTER I.

Ask any or all of the most eminent physicians:

"What is the best and only remedy that can be relied on to cure all diseases of the kidneys and urinary organs; such as Bright's disease, diabetes, retention or inability to retain urine, and all the diseases and ailments peculiar to Women?"
"And they will tell you explicitly and emphatically "Buchu."

Ask the same physicians:
"What is the most reliable and sure cure for all liver diseases or dyspepsia, constipation, indigestion, biliousness, malarial fever, ague, &c.," and they will tell you:
"Mandrake! or Dandelion!"

Hence, when these remedies are combined with others equally valuable

And compounded into Hop Bitters, such a wonderful and mysterious curative power is developed which is so varied in its operations that no disease or ill health can possibly exist or resist its power, and yet it is

Harmless for the most frail woman, weakest invalid or smallest child to use.

CHAPTER II.

"Patients
"Almost dead or nearly dying"

For years, and given up by physicians of Bright's and other kidney diseases, liver complaints, severe coughs called consumption, have been cured.

Women gone nearly crazy!
From agony of neuralgia, nervousness, wakefulness and various diseases peculiar to women.

People drawn out of shape from excruciating pangs of rheumatism,
Inflammatory and chronic, or suffering from scrofula!

Erysipelas!
Salt rheum, blood poisoning, dyspepsia, indigestion, and in fact almost all diseases (rati)

Nature is heir to
Have been cured by Hop Bitters, proof of which can be found in every neighborhood in the known world.

The worst Scrofulous Sores, the most indolent Tumors, and the most foul Ulcer known, may be cured by the combined use of Burdock Bitters and Burdock Healing Ointment. Ask your Druggist for these reliable remedies.

As the frosts of winter vanish under the caloric influence of the sun's rays, so does Bright's Disease, Dropsy, Stone in the Kidneys and Bladder, and Inflammation of the Kidneys, leave the body upon the administration of Dr. Van Buren's Kidney Cure.

A SECRET.—The secret of beauty lies in pure blood and good health. Burdock Blood Bitters is the grand key that unlocks all the secretions. It cures Scrofulous Diseases, acts on the Blood, Liver, Kidneys, Skin and Bowels, and brings the bloom of health to the pale cheek.

J. S. Wetherell, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is much improved, and I am free from headaches, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

No person can enjoy health while suffering Constipation of the Bowels. Harsh purgatives always do harm. Burdock Blood Bitters is Nature's own Cathartic; it unlocks the secretions, regularizes, purifies and strengthens the system.

Dresses, cloaks, coats, stockings and garments can be colored successfully with the Diamond Dyes. Fashionable colours only 10c.

That wonderful catholicon known as Mrs. Lydia E. Pinkham's Vegetable Compound has given the lady a world-wide reputation for doing good. It is like a living spring to the vital constitution. Her Blood Purifier will do more to cleanse the channels of the circulation and purify the life of the body than all the sanitary devices of the Board of Health.

Weak lungs spitting of blood, consumption and kindred affections, cured without a physician's dress for treatment, with two stamps, **World's Dispensary Medical Association, Buffalo, N.Y.**