

# Mother Seigel's

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# Almanac

## Shaker Cooking Receipts.

### In Less Than Two Weeks.

There is a young lady still living near East Pubnico, Nova Scotia, who suffered so fearfully from dyspepsia that she could not keep the choicest corn starch gruel on her stomach without vomiting it up, and Mrs. Byron Hines, of that place, who knows the case personally, says that in less than two weeks after she began the use of Mother Seigel's Curative Syrup, she could eat hearty food. Numbers of other people of the neighborhood tell the same story. Mrs. Hines adds that for other ills besides dyspepsia, coughs, liver trouble and jaundice, the Syrup is taken with great success by the people in that part of the country. In understanding this, the reader must remember that jaundice is liver trouble and that coughs often arise from a disordered state of the digestion.

### Why He Drove 25 Miles.

One day a man came driving into the village of Adderly, Que., from his home 25 miles distant. His only purpose was to procure a supply of Seigel's Syrup for his wife who was suffering from indigestion, dyspepsia and the nervous troubles that follow, especially in the cases of women. Nothing else did her any good, but under the action of the Syrup she was fast improving. Hence her husband's long drive. Mr. Edward Ives, Postmaster of Adderly, who mentions this circumstance, also says the Syrup cured him of indigestion, and rheumatism of the chest, of long standing, and that it did the same for two of his neighbors who had the same trouble even in a worse form than he had. Mr. Ives will give the names of these persons to any one who wishes to communicate with them.

### Popular Because Honest.

Writing from his home at St. Valerian, Que., Mr. Arthur Alette says he is convinced that Seigel's Syrup, Pills and Ointment are the best remedies made. They sell on their merits, as all remedies must that are to gain and hold the confidence of the people. He says also that he knows many who have used them for indigestion, dyspepsia and other complaints for which they are recommended, and all these persons are greatly satisfied. Mr. Alette himself has applied Seigel's Ointment for tetter, and it gave him perfect relief.

### LOWELL PUDDING.

One coffee-cup of milk, one cup raisins, half cup molasses, half tea-cup of brown sugar, one tea-cup of suet, one teaspoonful of saleratus, half teaspoonful of salt; flour, to make a stiff batter. Boil three hours. Serve with sauce.

### YANKEE PLUM PUDDING.

Take a tin pudding boiler that shuts all over tight with a cover. Butter it well. Put at the bottom some stoned raisins, and then a layer of baker's bread cut in slices, with a little butter or suet alternately, until you nearly fill the tin. Take milk enough to fill your boiler, as they vary in size, and to every quart add three or four eggs, some nutmeg and salt, and sweeten with half sugar and half molasses. Drop it into boiling water and let it boil three or four hours, and it can be eaten with a comparatively clear conscience.

### DELIGHTFUL PUDDING.

Butter a dish; sprinkle the bottom with finely minced candied peel and a very little shred suet, then a thin layer of white bread, and so on until the dish is full. For a pint dish make a liquid custard of one egg and one-half pint of milk, sweeten, pour over the pudding, and bake as slowly as possible for two hours.

### ARROWROOT GRUEL.

Make this in the same way as the milk porridge, substituting water for the milk.

### MT. LEBANON PUDDING.

One pint fine-pressed crumbs, one quart sweet milk, three ounces of loaf sugar, small piece of butter, yolks of four eggs, grated rind of one lemon; bake till done, then spread over a layer of preserves or jelly; whip the whites of the eggs stiff, add three ounces of pulverized sugar, in which has been stirred the juice of the lemon. Pour the whites over the pudding and replace in the oven. Let it brown lightly. To be eaten cold.

### LOAF CAKE.

One pound of butter beaten to a cream, two pounds of sugar rolled fine, three pounds of sifted wheat flour, six well beaten eggs, three teaspoonfuls of powdered saleratus, dissolved in a little hot water, one tablespoonful of ground cinnamon, and half a nutmeg grated; add one pound of currants, well washed and dried, one pound of raisins stoned and cut in two; work the whole well together, divide it in three loaves, put them in buttered basins, and bake one hour in a moderate oven.

### RICH BRIDE CAKE.

Take four pounds of sifted flour, four pounds of sweet fresh butter beaten to a cream, and two pounds of white powdered sugar; take six eggs for each pound of flour, an ounce of ground mace or nutmeg, and a tablespoonful of lemon extract or orange flower-water.

### WINE JELLY.

Dissolve one ounce of isinglass or gelatine in half pint of hot water, add one ounce of sugar and one pint of wine, and cool the jelly in a mould.

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# A VISIT TO GERMANY.

A celebrated New York physician gives the following account of the discovery of this wonderful remedy, for it appears to have had its origin in Germany :

I first saw Mrs. Edith Seigel on my visit to her home in June, 1868. The gentle old lady had just taken off her spectacles, wiping them with the edge of her apron, while she was directing her daughter, Agnes, to prepare some jelly for one of the peasants upon her estate, who had just recovered from a dangerous illness.

The old lady loved to do good. She taught her children to do good. Every feature of her benevolent and healthful face was lit up with joy, kindness and love. When first I beheld her, she had saved the life of one of her poor tenants, and was now seeking to show him that her acts of kindness did not stop with his recovery. The reader may ask how I came to visit this remarkable woman. I will relate the circumstances of my visit in as few words as possible.

I had been a practising physician in the City of New York for twenty years. With an extensive practice, it was my lot to see very many severe cases; and although I was presumed to know as much of the science of medicine as any of my profession, still I felt that I lacked skill to meet a very large class of complaints which are familiar to every practising physician, especially those termed *Chronic Diseases*. The want of this skill to meet such obstinate cases was felt and confessed by all of my medical brethren, and in every town in the country are to-day many living, suffering examples of the ignorance of the physicians in curing cases of long standing.

During my practice within the last few years, I fell in with many Germans who came to this country to make it their adopted home. From them I learned of

Mother Seigel. They told me she was a woman of most wonderful mental and physical ability; a woman who had done more for the well-being of all classes than any one who had ever lived, and one whose works would live after her for centuries to come.

Some of those Germans brought with them a number of packages of what they termed Mother Seigel's Curative Syrup, and which they claimed was a positive cure for all diseases arising from *impurity of the Blood*. Of course this would include *all diseases*, for it is a well established fact that all diseases of mankind arise from one source, namely, IMPURITY OF THE BLOOD. I, of course, understood the importance of keeping the various passages of the body open, for if these become clogged, the blood becomes thick, diseased and corrupted. I know that our health, strength and beauty depend upon the purity and vitality of the blood, and that all sickness, pain and disease of every name are caused by stagnant humors in the blood, which are not properly carried off by the bowels, by the urine, and by the sweat of the body. I knew that nature needed assistance in carrying off these impurities, by opening the various channels of exit and letting out the foul humors. I had always, in my practice, used opening medicines, for the purpose of purifying the blood, but I found many times that perfect harmony was not produced by the action of the medicines I used; for instead of *keeping* the bowels regular, and the other channels properly acting, trouble would frequently arise by too frequent movements; after which the bowels would become costive, the skin dry and scurfy, and the water passages slow to act.

These Germans told me that Mother Seigel's Curative Syrup left no constipation of



the bowels, nor the clogging of the water and sweat passages after its use, but kept every avenue of evacuation from the body free and open.

I was, therefore, induced to try some of the Curative Syrup which those honest laborers had brought with them, and to my surprise the effect was, indeed, marvellous. I afterwards submitted some of the Syrup to some of the most eminent of my medical friends, who were also equally satisfied with its astonishing healing and cleansing properties.

The idea, however, of a medical man resorting to the production or discovery of an old nurse was a little humiliating, but when I came to consider that the best remedies now used by the medical profession were the accidental discoveries of poor, ignorant people, I felt that it was my duty as a public benefactor to seek relief for suffering humanity from any and all sources within my reach. I was prompted in accepting of the remedy discovered by Mother Seigel by some eminent medical men, who suggested that the Buchu was the discovery of the ignorant Hottentots, who employed it in various diseases, to which the inhabitants of South Africa are subject.

The Cinchona, or Peruvian Bark, was accidentally discovered by a Jesuit of Peru, who used it upon the wife of the Conde de Chicon, at that time viceroy of Peru, who was cured by it of a malignant fever. The Jesuits kept the discovery to themselves for a long time, but the fame of the bark as a febrifuge gradually spread, until now it is universally used, and the name of "Jesuits' Bark" still clings to it from the facts connected with its origin. The medical profession opposed the use of the Peruvian "Jesuits' Bark" for a long time; but in 1659, Strum, of Antwerp, and Bado, of Genoa, advocated its employment, and wrote so highly in praise of its virtues, that the French Government sent out an expedition in 1843, under M. Weddell, to investigate its medi-

cal properties, since which time it has been extensively and successfully used, and acres upon acres of land are now planted with it for export. In fact, nearly all of the best medicines which are to-day used were discovered by accident, and nearly all by the poor and unenlightened classes.

After fully testing the virtues of this wonderful Curative Syrup, I was prompted to sail for Germany, and learn from Old Mother Seigel herself the composition of her marvellous remedy.

In due time I arrived at the home of the old lady near the great city of Berlin, where I found, upon enquiry, she possessed a wide and excellent reputation for healing the sick of diseases which had baffled the skill of the greatest physicians, and which had also been given up as incurable.

As already stated, I called upon her on June 25th, 1868, and saw her as I have represented.

She was fine, benevolent-looking old lady, about seventy-five years of age. I made known my business in a frank manner, and told her I had come all the way to Europe for the purpose of knowing more of the valuable medicine which had fallen into my possession, and which she was said to have discovered.

She received me kindly, and told me that she knew her medicine was doing much good on the Continent, but seemed surprised and delighted to learn its name had been mentioned beyond her own shores. Her whole manner inspired me with confidence. I felt that I was in the presence of a remarkable woman, and I do not hesitate, nor do I feel ashamed, to declare, that she taught me more in a few hours' conversation about the diseases of mankind than I learned in years from Professors of Medical Colleges at home.

I at once saw the folly of ignoring the opinions of a clear-headed, observing woman, who had made nursing the business of her life. The reason for her

(Continued on page 4.)

**Indigestion is the cause of more unhappiness than any other disease.**

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APPLE PIE.

Pare and core green or ripe apples, then stew them; mash to a smooth compote, sweeten to taste, and while hot, stir in a teaspoonful of butter for each pie; season with nutmeg; when cool, fill your crust, and either cross bar the top with strips of paste, or bake without cover. Eat cold with powdered sugar strewed over it.

MARY HAZARD'S PUDDING.

Twelve milk crackers, three eggs, one quart of milk; sweeten and flavor to suit the taste. Break the crackers fine, heat the milk to boiling, and stir in the eggs, sugar and flavoring. Immediately pour over the broken crackers, and let stand a few minutes, then set upon the ice until cold. Eat cold.

STANDARD TIME.—The calculations of this Almanac are given in local time. In places where what is now called standard time has been substituted for local time our values can be changed to standard time by applying a correction found as follows:—For any place east of one the standard meridians, and taking that meridian's time, four minutes is to be subtracted for every degree of difference of longitude; and for any place west of the meridian four minutes for each degree of difference is to be added.

1st Month.

JANUARY, 1890.

31 Days.

Day Year.	Day Month.	Day Week	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario, lying on & between the Gr. Lakes.			MOON'S PHASES.	75th MERIDIAN.	90th MERIDIAN.	105th MERIDIAN.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.				
X	1	W	Planet Ceres discovered, 1801...	7 41	4 28	3 22	7 34	4 34	3 19				
X	2	T	Slavery abolished in U. S., 1863.	7 41	4 29	4 27	7 34	4 35	4 23				
X	3	F	Battle of Princeton, 1771.....	7 41	4 30	5 30	7 34	4 36	5 24				
X	4	S	Peace with England, 1784.....	7 40	4 31	6 30	7 34	4 37	6 22				
X	5	S	Paris bombarded, 1871.....	7 40	4 32	rises	7 34	4 38	rises	1 10	6 4	11 30	
X	6	M	First Telegraph, 1844.....	7 40	4 33	4 49	7 34	4 39	4 57	2 04	6 4	11 30	
X	7	T	Gen. Putnam born, 1718.....	7 40	4 34	5 47	7 34	4 40	5 55	2 04	6 4	11 30	
X	8	W	Battle of New Orleans, 1815.....	7 40	4 35	6 48	7 34	4 41	6 54	2 04	6 4	11 30	
X	9	F	Napoleon III. died, 1873.....	7 39	4 36	7 51	7 34	4 42	7 55	2 04	6 4	11 30	
X	10	T	Stamp Act passed, 1765.....	7 39	4 37	8 55	7 33	4 43	8 58	2 04	6 4	11 30	
X	11	S	Alex. Hamilton born, 1757.....	7 39	4 38	10 00	7 33	4 44	10 02	2 04	6 4	11 30	
X	12	S	Florida seceded, 1861.....	7 38	4 39	11 06	7 33	4 45	11 07	2 04	6 4	11 30	
X	13	M	Salm. P. Chase born, 1808.....	7 38	4 41	morn.	7 32	4 46	morn.	2 04	6 4	11 30	
X	14	T	Gibbon died, 1794.....	7 37	4 42	0 13	7 31	4 48	0 13	2 04	6 4	11 30	
X	15	W	Battle Fort Fisher, 1865.....	7 37	4 43	1 23	7 31	4 49	1 22	2 04	6 4	11 30	
X	16	F	Daniel Webster born, 1782.....	7 36	4 44	2 36	7 31	4 50	2 33	2 04	6 4	11 30	
X	17	T	President Taylor died, 1862.....	7 35	4 46	3 52	7 30	4 51	3 48	2 04	6 4	11 30	
X	18	S	Bulwer Lytton died, 1873.....	7 35	4 47	5 07	7 30	4 53	5 02	2 04	6 4	11 30	
X	19	S	Copernicus born, 1792.....	7 34	4 48	6 19	7 29	4 54	6 13	2 04	6 4	11 30	
X	20	M	Peace of Paris, 1783.....	7 33	4 50	sets.	7 28	4 55	sets.	2 04	6 4	11 30	
X	21	T	Louis XVI. executed, 1793.....	7 32	4 51	5 53	7 27	4 56	6 00	2 04	6 4	11 30	
X	22	W	Byron born, 1783.....	7 31	4 53	7 12	7 27	4 08	7 18	2 04	6 4	11 30	
X	23	F	Steamer Pacific lost, 1856.....	7 31	4 54	8 31	7 26	4 59	8 35	2 04	6 4	11 30	
X	24	T	Frederic Great born, 1712.....	7 30	4 55	9 46	7 25	5 00	9 48	2 04	6 4	11 30	
X	25	S	Robert Burns born, 1759.....	7 29	4 57	10 58	7 24	5 02	10 58	2 04	6 4	11 30	
X	26	S	Michigan admitted, 1837.....	7 28	4 58	morn.	7 23	5 03	morn.	2 04	6 4	11 30	
X	27	M	Mozart born, 1756.....	7 27	5 00	0 07	7 22	5 05	0 05	2 04	6 4	11 30	
X	28	T	W. H. Prescott died, 1859.....	7 25	5 01	1 14	7 21	5 06	1 10	2 04	6 4	11 30	
X	29	W	George III. died, 1820.....	7 24	5 03	2 19	7 20	5 07	2 13	2 04	6 4	11 30	
X	30	T	Charles I. beheaded, 1649.....	7 23	5 04	3 22	7 19	5 09	3 15	2 04	6 4	11 30	
X	31	F	Corn Laws abolished, 1849.....	7 22	5 06	4 23	7 18	5 10	4 15	2 04	6 4	11 30	

Mother Seigel's Curative Syrup cures Dyspepsia.

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extensive knowledge and information concerning a great variety of diseases was plain to me. *She had remained with the patients day and night, watching every symptom and the effect of every medicine used, while the doctor stays with the sick but a few moments every day.*

I asked the old lady how she came to make this discovery of the Syrup, and what causes led to its extensive use? Laying down her glasses, and smoothing out the folds of a neat Quaker costume, she began as follows:

***The Story as Related in Her Own Words.***

"In the year 1852, while nursing a very sick patient of the celebrated Dr. Von Schmidt, I was deprived of my rest every night for more than a month. I was completely broken down; my nervous system was shattered; my digestion was impaired; I suffered with shifting pains all over my body; my appetite was gone; my bowels were constipated; there was a bad taste in my mouth in the morning, and a blur was before my eyes continually.

"I applied to a physician for relief, and followed his advice for many weeks, but gradually grew worse. I applied to several other physicians, who all prescribed for me, but in spite of all they could do I grew worse and worse. Weakness had brought on disease peculiar to the female sex, which, together with many other diseases, made me feel that death would indeed prove a blessing. My suffering was so severe that I longed to die. I tried first one doctor and then another, until my means were exhausted, and I was reduced in flesh to a mere skeleton.

"While tottering through the lots near my living spring, as you see yonder by the side of that old stone wall (pointing to a stone fence in sight of her window), I picked up a little sprig and thoughtlessly commenced chewing the leaves and small

branches. Without thinking or knowing what I was doing, I chewed this coarse wild pasture bush until I reached my home again. As I entered the house one of my grandchildren exclaimed, 'Poison, grandma! poison!' This arrested my attention, and I saw that I had been chewing what we all supposed to be poison.

"'Well,' said I to myself, 'death will be better than this awful life of suffering and distress.' So I waited calmly for the result, not caring how soon I might be borne hence, and find relief in a better world. Agnes and my other children were alarmed, and insisted upon vomiting me, and resorting to other means to undo what was believed to result in death; but I felt so calm and so quiet, and resigned to my impending doom, that I insisted on remaining undisturbed, and desired to be allowed to sleep. I slept, surrounded by my friends, who believed I would never awaken, and who were happy to see that after two years' incessant misery I was enjoying at least temporary repose, and that I should probably fall into the sleep of death unconsciously. I awoke in an hour, refreshed, and arose, declaring that I felt better, and, against the urgent entreaty of my dear children, I sauntered again alone to the place where the supposed 'Poison' grew. I picked bunch after bunch, and hid them away in my pocket, for I knew it would distress my children to see me with the supposed deadly herb.

"I felt better; my stomach felt easy; the pain in my side, shoulders and back was easier; the palpitation of my heart had ceased, and a light moisture was upon my forehead. I felt that the herb had helped me; in fact, I knew it was doing me good. I chewed more of the plant during the night, and arose in the morning feeling more strength in my limbs and more life than I had known for weeks.

"I determined, therefore, to steep some

*[Continued on page 6]*

**Mother Seigel's Curative Syrup removes indigestion, and health and happiness return.**



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Day Year.	Day Month.
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56	25
57	26
58	27
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**APPLE GINGER.**

A DESERT DISH.

Two pounds of any kind of hard apples, two pounds of loaf sugar, one and one-half pints of water, one ounce of tincture of ginger; boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core and cut the apples into pieces; dip them into cold water to preserve the color, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air by covering them well. If kept in a dry place, it will remain good some time.

**SAGO AND WINE.**

Wash an ounce of sago in cold water; put it over the fire in a pint of cold water, let it slowly approach the boiling point, and boil it gently until tender; then stir into it two tablespoonfuls of sugar and a glass of Madeira or Sherry wine, and serve it hot or cold.

**LARDED POTATOES.**

After washing, use an apple-corer to take a piece out of the potatoes from end to end; in each case put a strip of salt pork or bacon, seasoned with pepper, and bake them in an earthen dish in which they can be sent to the table. Serve them hot.

2nd Month.

**FEBRUARY, 1890.**

28 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Law- rence & Ottawa Rivers.			For Toronto and provin- ces of Ontario, lying on & between the Gt. Lakes.			MOON'S PHASES.	MERIDIAN.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.		
32	1	S	First President elected, 1789...	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.		
33	2	S	Peace with Mexico, 1848.....	7 21	5 7	5 20	7 17	5 11	5 15		
34	3	M	Horace Greeley born, 1811.....	7 20	5 8	6 10	7 16	5 13	6 05		
35	4	T	Galvani died, 1770.....	7 19	5 10	6 54	7 15	5 14	6 50		
36	5	W	Sir Robert Peel born, 1788.....	7 18	5 11	rises.	7 14	5 16	rises.		
37	6	T	Fort Henry captured, 1862.....	7 16	5 13	5 43	7 13	5 17	5 49		
38	7	F	Dickens born, 1812.....	7 15	5 14	6 48	7 11	5 18	6 53		
39	8	S	Pope Pius IX. died, 1878.....	7 14	5 16	7 53	7 10	5 20	7 56		
40	9	S	Harrison born, 1773.....	7 12	5 17	8 58	7 9	5 21	9 00		
41	10	M	Queen Victoria married, 1840.....	7 11	5 19	10 04	7 8	5 22	10 04		
42	11	T	Daniel Boone born, 1735.....	7 9	5 20	11 12	7 6	5 24	11 11		
43	12	W	Abraham Lincoln born, 1809.....	7 8	5 22	morn.	7 4	5 25	morn.		
44	13	T	Captain Cook killed, 1779.....	7 7	5 23	0 22	7 3	5 26	0 19		
45	14	F	General Hancock born, 1824.....	7 5	5 25	1 34	7 2	5 28	1 29		
46	15	S	Galileo born, 1564.....	7 4	5 26	2 48	7 0	5 29	2 42		
47	16	S	Fort Donelson taken, 1862.....	7 2	5 27	3 59	6 59	5 30	3 52		
48	17	M	Luther died, 1546.....	7 0	5 29	5 03	6 58	5 32	4 56		
49	18	T	Michael Angelo died, 1546.....	6 59	5 30	5 59	6 56	5 33	5 53		
50	19	W	Ash Wednesday.....	6 57	5 32	sets.	6 55	5 34	sets.		
51	20	T	David Garrick born, 1716.....	6 56	5 33	6 01	6 53	5 36	6 04		
52	21	F	Santa Anna born, 1798.....	6 54	5 35	7 20	6 51	5 37	7 22		
53	22	S	George Washington born, 1732.....	6 52	5 36	8 35	6 50	5 39	8 35		
54	23	S	John Quincy Adams died, 1848.....	6 50	5 37	9 48	6 48	5 40	9 47		
55	24	M	Fulton died, 1815.....	6 49	5 39	10 58	6 47	5 41	10 56		
56	25	T	First U. S. Bank chartered, 1791.....	6 47	5 40	morn.	6 45	5 42	morn.		
57	26	W	French Republic proc., 1848.....	6 45	5 42	0 06	6 43	5 44	0 03		
58	27	T	Longfellow born, 1807.....	6 44	5 43	1 12	6 42	5 45	1 10		
59	28	F	Rachel born, 1820.....	6 42	5 44	2 15	6 40	5 46	2 08		
				6 40	5 46	3 13	6 38	5 48	3 07		

Mother Seigel's Operating Pills cure sick Headache.



of the roots, leaves and twigs and drink the tea.

"The next day I felt still better, and I continued to feel better day by day until I was entirely well; and from the year 1855 neither my children nor myself have ever suffered one day's illness. After my own speedy recovery, I prepared an extract from the plants, and was in the habit of giving it to the sick and suffering of the peasantry, as well as giving it to many persons whom I was nursing from time to time, and who were considered by their doctors past all human aid. From time to time I added other roots and plants, such as I found to be good.

"I found at last that I was successful in nearly *all* diseases—in fact, I may say *all* diseases—for, wherever I used it I found it invariably to work the most speedy and almost miraculous results. It is the best purifier of the blood I have ever heard of; it cleanses out the entire system of foul and unhealthy humors, and leaves good and pure blood, upon which all the organs of the body must thrive. At last the demand became so great I found myself called upon to send it to all parts of the empire, and I was compelled to build a house for the purpose of assorting, drying, compounding and putting up the Syrup for use. It has made me rich, but I have always striven to be free with what I have. I have always supplied the wants of the poor free of charge (I afterwards learned that this was so from the neighbors, and from the physicians at Berlin, who had employed her as nurse for years), and wish for a long life, that I may make it useful to those about me."

Such was the old lady's simple but impressive story, and it was told in such a way as to carry conviction to my heart. Honesty was delineated in every feature of good old Mother Seigel's pleasant and wholesome countenance, and I feel that she was like a mother to me—stranger in the land. I went to Germany prepared to pay the old lady

\$10,000 for the recipe of this valuable blood cleanser, and my surprise can be imagined when she told me she should charge nothing for all the information she was able to give me concerning the preparation and uses of her Curative Syrup; for she said: "I am rich; my aim is to do good; every one in Germany knows me and my Syrup; but if I can give the sufferers of the New World something for which to be thankful to Mother Seigel, I shall die feeling that I have left nothing undone which I could do. This recipe," she said, "I give to thee, believing that, as thee has come so far to get it, thee will do well with it, now that thou art the possessor of it." My gratitude was unbounded. I felt that I had a legacy indeed, that was worth more to me and the world than loads of diamonds and rubies. I promised to be faithful to her in granting her all honor for its discovery, and just to sufferers in preparing it as she had herself directed.

She took me to her buildings prepared for the putting up of this remedy, and there, indeed, I found a study of itself. She tripped along as lightly as a young girl, stopping to point out the various points of interest connected with the arrangement of the buildings. She explained to me the necessity of gathering the herb in its proper season, when all the juices of the plant are retained in the stalk and leaves. She explained to me the importance of her process of drying the herbs; then all the other important features connected with the preparation of the Syrup. After remaining with her six weeks (a period fraught with much anxiety as well as interest, for I had left behind me a dear friend, low with hereditary disease), and becoming familiar with the entire process of the preparation of Seigel's Syrup or Shaker Extract of Roots, I bade adieu to my steadfast friend and returned to my home in New York. On my passage home I resolved that it is justice to Mother Seigel and the world, I should use every means to make this valuable remedy



## 3rd Mo

Day	Year.	Day	Month.
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74		15	
75		16	
76		17	
77		18	
78		19	
79		20	
80		21	
81		22	
82		23	
83		24	
84		25	
85		26	
86		27	
87		28	
88		29	
89		30	
90		31	

No such pleasant physic in the world as Mother Seigel's Operating Pills.



**BAKED POTATOES.**

Wash them thoroughly, put them into a hot oven, bake them only until they are tender enough to break open easily, and serve as soon as they are done; cover them only with a napkin in sending them to the table, and remember that a baked potato is never so nice if it has been allowed to stand before it is eaten.

**POTATOES AND ONIONS.**

Peel, slice and fry in tablespoonfuls of drippings half a dozen onions; boil, peel and slice a quart of potatoes, or heat with a little butter some cold sliced ones; season them with salt and pepper, pour the onions over them, and serve them hot. Bacon fried, and served with this dish, is excellent; the bacon drippings serving to fry the onions. Fried ham may be used in the same way.

**MEAT AND POTATOES.**

Mince beef or mutton, small, with onions, pepper and salt; add a little gravy, put into scallop shells or small cups, making them three parts full, and fill them up with potatoes mashed with a little cream; put a bit of butter on the top and brown them in an oven.

3rd Month.

MARCH, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers			For Toronto and provinces of Ontario, lying on & between the Gt. Lakes.			MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.				
60	1	S	Nebraska admitted, 1867.	6 38	5 47	4 06	6 37	5 49	4 00				
61	2	S	Wesley died, 1791.	6 37	5 49	4 52	6 35	5 50	4 45				
62	3	M	Iowa admitted, 1845.	6 35	5 50	5 32	6 33	5 51	5 27				
63	4	T	Washington re-elected, 1793.	6 33	5 51	6 06	6 32	5 53	6 02				
64	5	W	Boston Massacre, 1770.	6 31	5 53	rises.	6 30	5 54	rises.	6d 1h 48m sv.			
65	6	F	Massacre Alamo, 1836.	6 30	5 54	5 43	6 28	5 55	5 45	13d 1h 5m ev.			
66	7	T	St. Th. Aquinas died, 1274.	6 28	5 55	6 49	6 6	5 57	6 50	20d 4h 1m ev.			
67	8	S	First U. S. Congress, 1789.	6 26	5 57	7 56	6 25	5 58	7 56	28d 4h 32m m.			
68	9	S	Am. Vespuccius born, 1451.	6 24	5 58	9 05	6 23	5 59	9 04				
69	10	M	Benjamin West died, 1820.	6 22	6 00	10 15	6 21	6 0	10 13				
70	11	T	Charles Sumner died, 1874.	6 20	6 1	11 25	6 19	6 2	11 21				
71	12	W	Bishop Berkeley born, 1634.	6 18	6 2	morn.	6 18	6 3	morn.				
72	13	F	Crammer burnt, 1556.	9 16	6 4	0 37	6 16	6 4	0 32				
73	14	T	T. H. Benton born, 1758.	6 15	6 5	1 48	6 14	6 5	1 42				
74	15	F	Andrew Jackson born, 1767.	6 13	6 6	2 54	6 12	6 7	2 48				
75	16	S	James Madison born, 1751.	6 11	6 7	3 51	6 10	6 8	3 45				
76	17	M	Boston evacuated, 1776.	6 9	6 9	4 41	6 9	6 9	4 36				
77	18	T	Calhoun born, 1782.	6 7	6 10	5 18	6 7	6 10	5 15				
78	19	W	Dr. Livingstone born, 1782.	6 5	6 11	sets.	6 5	6 11	sets.	6d 7h 48m ev.			
79	20	T	Sir I. Newton died, 1727.	6 3	6 13	6 09	6 3	6 13	6 12	13d 5m ev.			
80	21	F	Robert Southey died, 1843.	6 1	6 14	7 23	6 1	6 14	7 24	20d 1m ev.			
81	22	S	Stamp Act passed, 1765.	5 59	6 15	8 36	6 0	6 15	8 35	28d 2h 32m m.			
82	23	S	Battle of Winchester, 1862.	5 57	6 17	9 47	5 58	6 16	9 45				
83	24	M	Queen Elizabeth died, 1603.	5 55	6 18	10 56	5 56	6 17	10 52				
84	25	T	Boston Port Bill, 1774.	5 54	6 19	morn.	5 54	6 18	11 57	6d 11h 48m m.			
85	26	W	Bank England incorpor'd, 1674.	5 52	6 20	0 02	5 52	6 20	morn.	13d 9h 5m ev.			
86	27	T	Florida discovered 1572.	5 50	6 22	1 05	5 50	6 21	0 58	20d 2h 1m ev.			
87	28	F	Thomas Morton died, 1838.	5 48	6 23	2 01	5 49	6 22	1 53	28d 2h 32m m.			
88	29	S	Swedenborg died, 1772.	5 46	6 24	2 50	5 47	6 23	2 42				
89	30	S	Alaska acquired, 1867.	5 44	6 25	3 31	5 45	6 25	3 24				
90	31	M	Allies in Paris, 1814.	5 42	6 27	4 06	5 43	6 26	4 00				

No sick person should neglect to read this book.

extensively known in the United States, and to use every facility for introducing it to the world. *Accordingly, I placed the matter in the hands of the SHAKERS OF MT. LEBANON, who have had experience in growing herbs, and extracting from them their best medical qualities. The medicine is now known as SEIGEL'S SYRUP, or Shaker Extract of Roots.*

I submitted the Plants to analysis, and found them to be indeed a cure for all diseases for which she had applied them, for I found the Plants to contain five alkaloids. The first, a SOPORIFIC, which quiets the nerves and allays all pain and excitement of the nervous system, giving rest to the body and to the mind by its soothing, quieting influence.

The second, a LAXATIVE, which acts upon the liver and carries off through the bowels the impure substances from the blood, which are not passed off by the water, by the sweat, and other outlets; routing out from the system all foul humors from the blood, and leaving that vital current pure and wholesome.

The third, a SUDORIFIC, which opens the pores of the skin, and allows the corrupt substances near the surface to pass out in the form of sweat, producing always a soft and natural condition of skin, keeping the oil ducts and sweat glands always healthy and strong to carry on both sensible and insensible perspiration.

The fourth, a DIURETIC, which acts upon the kidneys, enabling them to carry off in the urine the impurities which should in health pass off by the water passages, thus drawing off a great amount of impurity from the system.

The fifth, an ALTERATIVE, which acts upon all the fluids and juices of the body, and prevents any excess of acid or alkali, always keeping the secretions of the body free from acrid and improper accumulations

of unhealthy fluids. It also gives strength to the liver, producing healthy bile, strengthening the gall ducts, promoting nutrition, and building up the flesh of the body.

These five qualities, I found, by analysis, to be so harmoniously blended by Nature in the structure of this valuable plant, that it is the best purifier of blood that ever came under the notice of the medical profession, and will, indeed, cure all diseases by communicating through the blood and other fluids of the body, the vigor of life, repairing the wastes of the body with new and sound material.

The remedy opens all the natural passages of the body and casts out diseases; takes away all sickness, and builds up the body with pure blood and sound nourishment. Hence it must reach all diseases by purification and nourishment.

The following letters will illustrate this case more fully, showing conclusively that our success in all cases has been the result of the composition of the article, and not in any secret method of conducting the business. Nor is the lesson of success here conveyed by any means solely confined to our line of business. Merit alone is the key-stone of success. (It is now admitted that the sale of this remedy is greater than any other in the world.) And for Seigel's Syrup, or Shaker Extract of Roots, we claim the merit of *curing disease*. Of the component parts of this Syrup we shall speak further on.

Ph. D. Le Brocq, 29 Queen street, Jersey, writes under Aug. 11, 1883, as follows:

I have great pleasure in writing to you regarding Seigel's Syrup, or Shakers Extract of Roots. It has done wonders in this neighborhood, and I always recommend it when I have a chance.

The following from a celebrated chemist:

*Lammas Street, Camarthen, Jan. 7, 1884.*

From cases that have come under my personal observation, your Pills and Syrup contain wonderful healing properties, as they appear to give universal satisfaction.

Yours faithfully,  
(Signed) J. PALMER RICHARDS.

(Continued on page 10.)



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Year.

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Use Mother Seigel's Soothing Ointment for pains in the back, chest or side.





**MILK PORRIDGE.**

Mix two tablespoonfuls of flour with a half cupful of cold milk ; place a cupful and a half of milk over the fire in a saucepan rinsed with cold water, but not wiped ; stir in the flour and the milk, a saltspoonful of salt, and, if desired, sugar and nutmeg to suit the palate of the patient ; stir the porridge constantly until it begins to boil, then let it boil for one minute, and serve it.

**BEEF JUICE.**

Slice juicy lean beef from the round, an inch thick ; broil it quickly over a very hot fire, but without burning, until it is brown on both sides ; lay it in a hot soup plate, cut it through in all parts with a very sharp knife, and set another hot plate on it, with the bottom against the meat ; then grasp both plates firmly and press them together, squeezing the juice from the meat ; let it run into another dish, or upon a slice of delicate toast, and serve it at once.

**CABBAGE AND ONIONS.**

Peel and slice four onions, fry them brown in a saucepan with two tablespoonfuls of drippings from salt pork or bacon ; meantime slice a small, white cabbage, put it with the browned onions, season with a teaspoonful of salt and a quarter of salt-spoonful of pepper ; cover the saucepan tight, and cook its contents until the cabbage is tender.

4th Month.

APRIL, 1890.

30 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
91	1	T	Bismark born, 1815.....	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	
92	2	W	Jefferson born, 1743.....	5 40	6 28	4 37	5 42	6 27	4 32	
93	3	T	Washington Irving born, 1783.....	5 38	6 29	5 04	5 40	6 28	5 00	
94	4	F	Good Friday.....	5 37	6 31	rises.	5 38	6 29	rises.	
95	5	S	Danton executed, 1794.....	5 35	6 32	5 43	5 36	6 30	5 43	
96	6	S	Battle of Shiloh, 1862.....	5 33	6 33	6 52	5 34	6 31	6 51	
97	7	M	Canning born, 1780.....	5 31	6 34	8 03	5 33	6 33	8 01	
98	8	T	Ohio first settled, 1780.....	5 29	6 36	9 16	5 31	6 34	9 13	
99	9	W	Lee surrendered, 1865.....	5 27	6 37	10 29	5 2	6 35	10 25	
100	10	T	U. S. Bank incorporated, 1816.....	5 25	6 38	11 41	5 28	6 36	11 35	
101	11	F	Mudoc Massacre, 1873.....	3 24	6 40	morn.	5 26	6 37	morn.	
102	12	S	Henry Clay born, 1777.....	5 22	6 41	0 49	5 24	6 39	0 41	
103	13	S	Fort Sumpter captured, 1861.....	5 20	6 42	1 48	5 22	6 40	1 41	
104	14	M	Lincoln assassinated, 1865.....	5 18	6 44	2 38	5 21	6 41	2 32	
105	15	T	J. L. Motley born, 1814.....	5 16	6 45	3 19	5 19	6 42	3 14	
106	16	W	Battle of Culloden, 1746.....	5 14	6 46	3 42	5 17	6 44	3 49	
107	17	T	Ben. Franklin died, 1790.....	5 13	6 48	4 20	5 16	6 45	4 18	
108	18	F	Battle Cer. Gordo, 1845.....	5 11	6 49	sets.	5 14	6 46	sets.	
109	19	S	Battle Lexington, 1775.....	5 9	6 50	6 15	5 12	6 47	6 15	
110	20	S	Napoleon III. born, 1808.....	5 8	6 51	7 27	5 11	6 48	7 25	
111	21	M	Battle San Jacinto, 1836.....	5 6	6 53	8 37	5 9	6 50	8 33	
112	22	T	Battle of Camden, 1781.....	5 4	6 54	9 45	5 7	6 51	9 40	
113	23	W	Shakespeare died, 1616.....	5 2	6 55	10 50	5 6	6 52	10 44	
114	24	T	First newspaper in U. S., 1704.....	5 1	6 57	11 51	5 4	6 53	11 44	
115	25	F	Virginia seceded, 1861.....	4 59	6 58	morn.	5 2	6 54	morn.	
116	26	S	W. Booth shot, 1865.....	4 57	6 59	0 45	5 1	6 55	0 37	
117	27	S	Gibbon died, 1727.....	4 56	7 00	1 30	4 59	6 57	1 23	
118	28	M	President Munroe born, 1758.....	4 54	7 2	2 06	4 58	6 58	2 00	
119	29	T	Louisiana ceded, 1803.....	4 53	7 3	2 38	4 56	6 59	2 33	
120	30	W	Battle of Fontenoy 1725.....	4 51	7 4	3 06	4 55	7 00	3 03	
				4 50	7 5	3 30	4 54	7 01	3 28	

Mother Seigel's Operating Pills break up a sudden cold.

The following from a prominent chemist in Edinburgh:

*St. Leonarda Street, Edinburgh, Dec. 23, 1885.*

DEAR SIR:—I have had quite an enormous sale for your medicine, and find that of the many patent medicines I keep, none sell so well or produce such beneficial effects as the Seigel's Syrup, or Shaker Extract of Roots. Where the results are generally good, and in some cases *marvellous*, it would be invidious to select any particular case as a subject for testimonial. While writing this a gentleman has just come in to inform me that he has derived much benefit from it for Stomach and Liver Complaint, and that he intends keeping it constantly in his house. My sale of it has been in the thousands.

I am, yours most respectfully, JAMES REID.

This man has discovered the secret of our success in business. Because the medicine has "proved of such value to those who have given it a fair trial."

*23 Liverpool Road, Stoke-on-Trent, Jan. 3, 1884.*

DEAR SIR:—Respecting Seigel's Syrup, or Shaker Extract of Roots, I have been surprised at the great sale it commands: but when I hear so many speak of its merits, my surprise becomes less, in consequence of its having proved of such value to those who have given it a fair trial. Yours respectfully,

C. F. WILSON.

### DISEASES OF THE LIVER.

A person in health does not know he has such a thing as a liver, but when the system gives way to the ravages of disease he is made sensible that he really has a liver. After one has spent a couple of years in India, he *knows there is a liver*, generally to his sorrow, for this organ is the main-spring of the human organization. When the liver becomes disordered and diseased, the person so afflicted is indeed miserable. He suffers with dull pains in the side, bad taste in the mouth, spots before the eyes, flushes of heat, irregularity of the bowels, piles, coated tongue, disordered stomach, heartburn, costiveness, and pain in the head. He frequently has a dry cough, high colored urine, yellow skin, and dull sleepy sensations, rendering him unfit for business or for employment. The hands and feet are cold, circulation of the blood sluggish; the patient suffers with vertigo, ringing in the ears, loss of appetite, nausea, and sick headache, heartburn, dry, scurvy skin, etc.

Seigel's Syrup, or Shaker Extract of Roots, acts moderately upon the bowels, so as to produce two or three easy passages a day, without any purging or griping. It does not leave constipation as most of the ordinary blood-purifiers in use do, but produces harmony in every part of the system. The liver is invigorated to secrete healthy bile, and to filter impurities from the blood, by the use of this wonderful regulator and invigorator, and all the disagreeable and painful sensations above mentioned are one by one removed, as the blood is cleansed and renewed. The skin loses its sallow appearance, and the bloom of health and beauty takes the place of the haggard sallow hue of disease. A dose of Seigel's Syrup, or Shaker Extract of Roots, taken at night on going to bed, will, in a short time, give evidence of its purifying and cleansing properties by the brilliancy of the eye, the bloom of the complexion, and the vigor of the whole body. A few doses of Seigel's Operating Pills will aid in effecting a cure.

#### Dyspepsia and Liver Complaint Cured.

*Middle County Harbor, Nova Scotia, April 19, '86.*  
A. J. WHITE & Co.

Dear Sirs: Your Mother Seigel's Curative Sprup gives good satisfaction to all who use it. For Dyspepsia and Liver Complaint it never fails. One old man who had suffered for years with both these ailments is to-day a well man.

Yours respectfully,

F. SALSMAN.

### RHEUMATISM.

Never before has there existed a remedy as unfailingly successful in rheumatic affections as the Seigel's Syrup, or Shaker Extract of Roots. It lubricates the joints, promotes the secretions of the fluids necessary to remove the stiffness of the muscles, removes hardened deposits in the joints, greases the machinery of Nature and makes it move easily. One or two bottles of Mother Seigel's Syrup, or Shaker Extract of Roots, will do more than a hog-head of liniments, for it carries out of the circulation the acrid humors in the blood,

(Continued on page 12.)



5th Mon

Day Year.	Day Month.	Day
121	1	
122	2	
123	3	
124	4	
125	5	
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128	8	
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151	31	

The Shakers have the largest Botanical Gardens in the World.

If you  
one or two dos



**HOMINY MUFFINS.**

Two cupfuls of boiled hominy; beat it smooth; stir in three cupfuls of sour milk, half cupful melted butter, two teaspoonfuls of salt, two tablespoonfuls of sugar; add three eggs well beaten; one teaspoonful of soda, dissolved in hot water; two cupfuls of flour. Bake quickly.

**HARD SAUCE.**

Beat to a cream a quarter pound of butter, add gradually a quarter pound of sugar; beat it until very white; add a little lemon juice, or grate nutmeg on top.

**SIMPLE AND NICE.**

Chopped cold meat, well seasoned; wet with gravy, if convenient; put it on a platter, then take cold rice made moist with milk and one egg; season with pepper and salt; if you don't have enough rice, add powdered bread-crumbs, and place this around the platter quite thick. Set in oven to heat and brown.

**TO TEST NUTMEGS.**

Prick them with a pin, and if they are good the oil will instantly spread around the puncture.

5th Month.

MAY, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto add province of Ontario lying on & between the Gt. Lakes.			MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.				
121	1	T	Wellington born, 1769	4 48	7 7	3 51	4 52	7 2	3 51				
122	2	F	Jamaica discovered, 1494	4 47	7 8	4 13	4 51	7 3	4 14				
123	3	S	Battle Wilderness, 1864	4 45	7 9	rises.	4 49	7 5	rises.				
124	4	S	Napoleon at Elba, 1814	4 44	7 10	6 58	4 48	7 6	6 56				
125	5	M	Napoleon Bonaparte died, 1821	4 42	7 11	8 13	4 47	7 7	8 10				
126	6	T	Humboldt died, 1859	4 41	7 13	9 28	4 45	7 8	9 24				
127	7	W	Lord Brougham died, 1868	4 40	7 14	10 40	4 44	7 9	10 35				
128	8	T	Schiller died, 1805	4 38	7 15	11 44	4 43	7 11	11 38				
129	9	F	Stonewall Jackson died, 1863	4 37	7 16	morn.	4 42	7 12	morn.				
130	10	S	Astor Place Riot, 1846	4 36	7 18	0 38	4 40	7 13	0 33				
131	11	S	Black Friday, 1866	4 34	7 19	1 21	4 39	7 14	1 17				
132	12	M	Pacific Railroad opened, 1869	4 33	7 20	1 16	4 38	7 15	1 53				
133	13	T	Pope Pius IX. born, 1792	4 32	7 21	2 25	4 37	7 16	2 23				
134	14	W	Talleyrand died, 1838	4 30	7 22	2 50	4 35	7 17	2 49				
135	15	T	Colorado admitted, 1866	4 29	7 24	3 13	4 34	7 19	3 13				
136	16	F	W. H. Seward born, 1801	4 28	7 25	3 36	4 33	7 20	3 38				
137	17	S	John Jay died, 1829	4 27	7 26	sets.	4 32	7 21	sets.				
138	18	S	Napoleon I. Emperor, 1804	4 26	7 27	7 30	4 31	7 22	7 26				
139	19	M	Peace with Mexico, 1848	4 25	7 28	8 37	4 31	7 23	8 32				
140	20	T	Hawthorne died, 1864	4 24	7 29	9 40	4 30	7 24	9 33				
141	21	W	Columbus died, 1504	4 23	7 30	10 37	4 29	7 25	10 29				
142	22	T	Pope born, 1683	4 22	7 31	11 25	4 28	7 25	11 16				
143	23	F	Livingstone died, 1876	4 21	7 32	morn.	4 27	7 26	11 58				
144	24	S	Queen Victoria born, 1819	4 20	7 33	0 05	4 26	7 27	morn.				
145	25	T	R. W. Emerson born, 1803	4 19	7 34	0 40	4 26	7 28	0 34				
146	26	M	Calvin died, 1564	4 18	7 35	1 08	4 25	7 29	1 04				
147	27	T	Fort Erie abandoned, 1813	4 18	7 36	1 33	4 24	7 30	1 30				
148	28	W	Noah Webster died, 1843	4 17	7 37	1 55	4 24	7 31	1 54				
149	29	T	Paris burned, 1871	4 16	7 38	2 16	4 23	7 32	2 16				
150	30	F	Joan d'Arc burnt, 1431	4 16	7 39	2 37	4 22	7 33	2 38				
151	31	S	Battle of Fair Oaks, 1862	4 15	7 40	3 00	4 22	7 34	3 03				

If you take a severe cold, and are threatened with a fever, with pains in the head, back and limbs, one or two doses of MOTHER SEIGEL'S OPERATING PILLS will break up the cold and prevent the fever.



upon which rheumatism depends, removes inflammation, soreness, and stiffness of the muscles. A short trial will convince the most discouraged that it is all that is claimed for it.

*It Helps Chronic Cases.*

Orono, Ont., Jan. 5, 1886.

A. J. WHITE & Co.

Gentlemen: I am trying Seigel's Syrup on the worst cases in the neighborhood, and it seems to help them all. It is, indeed, a wonderful medicine, and I am getting up quite a sale.

Yours truly,

SAAC WINTER.

Notre Dame, de Stanbri'ge, Quebec, Feb. 17, '86.

A. J. WHITE & Co.

I owe Seigel's Syrup and Pills the testimony that they have given full satisfaction in every case, and made some remarkable cures of long standing disorders. Please send some Almanacs, and oblige

Yours respectfully,

J. G. TRAHAN.

**The Bowels and their Functions.**

The bowels, in a healthy state, carry off all useless matter which can be carried off in solid form. Sometimes the main channel becomes choked up by slime on the coating of the intestines, which gives rise to constipation and irregularity of the bowels. If the bile is not thrown out from the liver in sufficient quantities, the bowels become costive, and the membranes of the bowels become weak and irritated. When much irritation exists, diarrhoea follows, because the bowels have not the strength to do what is required of them. Inflammation follows; the fundamental cause of this irregularity is indigestion. The effect of this constipation is something awful to contemplate. The foul gas that arises from the fecal matter becomes absorbed into the system, and acts as a slow but deadly poison. We all know the injurious effects of

**SEWER GAS**

when taken into the system, and we expend money and skill to so adjust the plumbing of our houses as to shut the poisonous gas out. We have carts going about the city pouring disinfectants into the sewers, so as to obviate the poisonous influence of this terrible pest, but we allow this same gas to

be generated within our own systems. If by constipated bowels we permit the formation of this sewer gas within the system (for this is what it really is), we expose ourselves to a slow but deadly poison. We should make use of Seigel's Syrup, or Shaker Extract of Roots, and remove the constipation, and with it the danger.

Horncastle, Ont., Jan. 26, 1885.

A. J. WHITE & Co.

Dear Sirs: It is with pleasure that I have to state to you that the Seigel's Syrup and Pills are doing wonders around here as far as it has been tried. The woman that I mentioned to you has taken three bottles of the Syrup; when I sent for it first we all thought she could not live much longer. She was completely prostrate and her appetite was clean gone, but after taking a few doses of the Syrup her appetite returned and she gradually gained strength until now she is able to leave her bed entirely through the day, some days she is out of doors. Before taking the Syrup, her menses were colorless, now they are regular and natural. I have not given the Syrup any puff, but resolved that it should stand on its own merits, and I have watched the result, and now I have the fullest confidence in it; the people here are coming for it from twelve miles.

Yours truly,

GEORGE SHARP.

**SICK HEADACHE.**

There are few persons who, at times, are not more or less liable to sick headache. Moderate and occasional use of Mother Seigel's Syrup is a sure preventive, as thousands who have tried it are willing to testify.

*Would Not be Without It.*

Head Jeddore, N.B., March 16, 86.

A. J. WHITE & Co.

Dear Sirs: I used one bottle of your Mother Seigel's Curative Syrup, and got so much good out of it that I would not be without it. I advise all to try it.

Yours truly,

ALFRED DAY.

Ensedale, Ont., Dec. 8, 1884.

A. J. WHITE, Esq.

Dear Sir: I have just had the Syrup in a few days, and have already sold one dozen, and all the Pills, and as I do not want to run out of stock, I re-order. Ship as directed at your earliest convenience.

Yours respectfully,

ARCHIBALD THOM.

**A RICH BANKER IN THE CITY**

said to us a few weeks ago, "Do you know I always keep Seigel's Syrup, or Shaker Extract of Roots, in my house, to prevent those awful sick turns of headache I used to have." We remarked, "We know that the Syrup possessed wonderful curative

(Continued on page 14.)



TO ROAST A LEG OF PORK.

Take a sharp knife and score the skin across the narrow stripes (you may cross it again so as to form diamonds) and rub in some powdered sage. Raise the skin at the knuckle and put in a sufficing of minced onion and sage, bread crumbs, pepper, salt, and beaten yolk of egg. Fasten it down with a buttered string or skewers. You may make deep incisions in the meat of the large end of the leg, and stuff them also, pressing in the filling very hard. Rub a little sweet oil all over the skin with a brush or a goose feather, to make it crisp and of a handsome brown. A leg of pork will require from three to four hours to roast. Moisten it all the time by brushing it with sweet oil, or with fresh butter tied in a rag. To baste it with its own drippings will make the skin tough and hard. Skim the fat carefully from the gravy, which should be thickened with a little flour.

A roast leg of pork should always be accompanied by apple sauce, mashed potatoes and mashed turnips.

QUICK WAFFLES.

Two pints of sweet milk, one cupful of melted butter, sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking) four teaspoonfuls of baking powder, beating very hard and fast for a few minutes. These are very good with four or five eggs, but much better with more.

6th Month.

JUNE, 1890.

30 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
152	1	S	Buchanan died, 1768.....	4 14	7 41	3 26	4 21	7 35	3 50	Full Moon..... Last quarter..... New Moon..... First quarter.....
153	2	M	Battle Cold Harbor, 1864.....	4 14	7 42	3 57	4 21	7 35	4 03	
154	3	T	Mexican War declared, 1846....	4 13	7 43	rises.	4 20	7 36	rises.	
155	4	W	Battle Magenta, 1859.....	4 13	7 43	9 31	4 20	7 37	9 23	
156	5	T	Cavour died, 1861.....	4 12	7 44	10 32	4 19	7 38	10 25	
157	6	F	Pat. Henry died, 1799.....	4 12	7 45	11 21	4 19	7 38	11 15	
158	7	S	First American Congress, 1765	4 12	7 46	11 59	4 19	7 39	11 54	
159	8	S	Mahomet died, 632.....	4 11	7 46	morn.	4 18	7 39	morn.	
160	9	M	Charles Dickens died, 1870.....	4 11	7 47	0 30	4 18	7 40	0 27	
161	10	T	Dutch landed in New York, 1667	4 11	7 48	0 56	4 18	7 41	0 54	
162	11	W	Sir J. Franklin died, 1847.....	4 11	7 48	1 19	4 18	7 41	1 19	
163	12	T	W. C. Bryant died, 1878.....	4 11	7 49	1 42	4 18	7 42	1 44	
164	13	F	General Scott born, 1786.....	4 10	7 49	2 05	4 18	7 42	2 08	
165	14	S	American Flag adopted, 1777....	4 10	7 50	2 29	4 18	7 43	2 33	
166	15	S	Magna Charta, 1215.....	4 10	7 50	2 56	4 18	7 43	3 01	
167	16	M	Winthrop born, 1682.....	4 10	7 51	3 29	4 18	7 43	3 36	
168	17	T	Battle of Bunker Hill, 1775.....	4 10	7 51	sets.	4 18	7 44	sets.	
169	18	W	Battle of Waterloo, 1815.....	4 10	7 51	9 20	4 18	7 44	9 12	
170	19	F	Alabama sunk, 1864.....	4 10	6 52	10 05	4 18	7 44	9 58	
171	20	T	Battle of Stone Ferry, 1779.....	4 11	7 52	10 40	4 18	7 45	10 34	
172	21	S	Madison died, 1836.....	4 11	7 52	11 10	4 18	7 45	11 05	
173	22	S	Napoleon's abdication, 1815.....	4 11	7 52	11 37	4 18	7 45	11 33	
174	23	M	Great Eastern, New York, 1860.	4 11	7 53	morn.	4 19	7 45	11 59	
175	24	T	B. Bannoekburn, 1314.....	4 12	7 53	0 01	4 19	7 45	morn.	
176	25	W	Va. ratified Const., 1788.....	4 12	7 53	0 20	4 19	7 45	0 19	
177	26	T	Geo. IV. died, 1830.....	4 12	7 53	0 40	3 20	7 45	0 41	
178	27	F	Victoria crowned, 1838.....	4 13	7 53	1 01	4 20	7 45	1 03	
179	28	S	Seven days' fight began, 1862	4 13	7 53	1 25	4 21	7 45	1 28	
180	29	S	Henry Clay, died.....	4 14	7 53	1 53	4 21	7 45	1 57	
181	30	M	Cawnpore Massacre, 1854.....	4 14	7 52	2 27	4 21	7 45	2 32	

The Shakers are noted for the purity of their medicines.

properties, but we did not know that the keeping it in the house would prevent disease" "I don't mean that," said he. "Two years ago I had a dreadful attack of sick headache every week. The veins of my head became swollen and my eyes bloodshot. I was obliged to go home and go to bed. Well, Seigel's Syrup, or Shaker Extract of Roots, cured me. Now, when I have eaten a little too much, I take a small dose of the Syrup and it prevents the headache. I have not had an attack for two years. One of our clerks was afflicted in the same way, and it has cured him also."

***How happy many people would be if they did not have Stomachs.***

They imagine if they had no stomach they would be free from pain and distress after eating; free from headache, dizziness, etc. But this only happens when the stomach is diseased, when digestion is impaired. A good stomach gives a good deal of pleasure and help to endure the labor of life, for it is through the stomach that we obtain all our strength and vigor.

When the stomach is too weak to properly digest the food, the person so diseased is sorely afflicted. Dyspepsia shows itself in very many disagreeable forms, but more frequently in distress in the stomach after eating, sourness in the stomach, beating and trembling of the stomach and sides, a sense of fullness, headache, dizziness, bad breath, loss of appetite, difficulty in breathing, restlessness, nervousness, loss of strength.

The food remains in the stomach until it becomes corrupt, which poisons the blood and produces the most painful and distressing feelings.

The stomach loses its tone, becomes imbalanced and filled with slime and mucus. This produces giddiness, sick headache, choking up of the circulation, and pressure upon the brain. Mother Seigel's Syrup, or Shaker Extract of Roots, cleanses out the corrupt and

noxious matters from the stomach, and strengthens the stomach to dissolve and digest the food, increases the flow and strength of the gastric juice, and produces harmonious action between the stomach, liver and intestines. All the organs work in concert—no jarring, no over-taxation of one organ above another, which always damages the nervous system and works havoc and decay.

Strength to the stomach, invigoration of the liver and tone to the bowels must necessarily follow the use of Seigel's Syrup, or Shaker Extract of Roots. Mother Seigel assured me, when I was at her home near Berlin, that a few packages of the Syrup had cured cases of indigestion of twenty years' standing, which had baffled the efforts of the best medical talent in Berlin. It corrects acidity, and promotes a flow of healthy gastric juice, which dissolves the food and carries it out of the stomach at a proper time.

***A Merchant's Testimony.***

*Clifford, Ont., March 6, 1886.*

Dear Sirs: I have not been acquainted very long with Seigel's Syrup, but I consider it a good medicine for the diseases you recommend it. Please send me some Almanacs that I may circulate them among the people and let them know more of your medicine.

Truly yours,

THOS. SMITH.

***It Does Good Wherever Used.***

*Holland Harbour, N.S., May 5, 1886*

A. J. WHITE & Co.

Gentlemen: Your medicine does good wherever it goes. People come thirty miles after it, and before the last box came there were several parties waiting for it. I have no trouble in selling the second bottle.

Yours very truly,

GIDEON FLICK.

OFFICE OF THE POSTMASTER.

*Barkway, Ont., Feb. 20, 1886.*

A. J. WHITE & Co.

Gents: I have used some of Seigel's Syrup, and find it all you claim for it. For any inward trouble it acts like a charm, and I shall be pleased to answer any inquiries.

Yours truly,

SAMUEL McCORD.

*Toronto, Ont. Jan. 5, 1885.*

A. J. WHITE & Co.

Gents: I have reason to speak well of your Syrup, as I suffered agony with indigestion and could find nothing to give me permanent relief till I used Seigel's Syrup, I will never cease to speak well of it.

Yours truly,

MRS. J. B. STOOD.

[Continued on page 16.]

**Mother Seigel's Operating Pills are the best ever discovered.**





QUICK SALLY LUNN.

One cupful of sugar, half cupful of butter; stir well together, and then add one or two eggs; put in one good pint of sweet milk and sufficient flour to make a batter about as stiff as cake; put in three teaspoonfuls of baking powder; bake and eat hot with butter for tea or breakfast.

MINCE PIES.

Three pounds of rasins, stone and chop them a little; three pounds of currants, three pounds of sugar, three pounds of suet chopped very fine, two ounces of candied lemon peel and two ounces of candied orange peel, six large apples grated, one ounce of cinnamon, two nutmegs, the juice of three lemons and the rind grated, and a half pint of brandy. This is a very excellent recipe.

TAPIOCA JELLY.

Wash the tapioca carefully in two or three waters, then soak it for five or six hours, then simmer it in a stew-pan until it becomes quite clear. Add a little lemon juice or wine if desired.

7th Month.

JULY, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gr. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
182	1	T	Battle of Gettysburg, 1863	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Full Moon.....
183	2	W	Robert Peel died, 1850	4 15	7 52	3 11	4 22	7 45	3 17	First quarter.....
184	3	T	S. A. Douglas died, 1861	4 15	7 52	rises.	4 22	7 45	rises.	New Moon.....
185	4	F	James Munroe died, 1831	4 16	7 52	9 13	4 23	7 45	9 08	First quarter.....
186	5	S	Battle of Chippewa, 1814	4 17	7 51	9 56	4 23	7 44	9 52	Full Moon.....
187	6	S	Sheridan died, 1816	4 17	7 51	10 31	4 24	7 44	10 28	75th MERIDIAN.
188	7	M	Battle of Pultowa, 1709	4 18	7 50	11 00	4 25	7 44	10 58	84 1st 43m ev.
189	8	T	Gen. Taylor died, 1850	4 19	7 50	11 25	4 25	7 43	11 24	104 7th 50m ev.
190	9	W	Gibraltar captured, 1703	4 20	7 50	11 47	4 26	7 43	11 47	24d 9h 44m ev.
191	10	T	Hamilton shot, 1804	4 20	7 49	morn.	4 27	7 43	morn.	31d 4h 21m ev.
192	11	F	Battle of the Boyne, 1690	4 21	7 49	0 10	4 28	7 42	0 12	Full Moon.....
193	12	S	Ordinance passed 1787	4 22	7 48	0 34	4 28	7 42	0 37	75th MERIDIAN.
194	13	S	Chicago fire, 1873	4 23	7 48	1 01	4 29	7 41	1 05	84 1st 43m ev.
195	14	M	Napoleon Bonaparte, cap., 1815	4 23	7 47	1 31	4 30	7 40	1 37	104 7th 50m ev.
196	15	T	Hesira com., 622	4 24	7 46	2 07	4 31	7 40	2 14	24d 9h 44m ev.
197	16	W	J. J. Astor born, 1763	4 25	7 46	2 49	4 32	7 39	2 57	31d 8h 21m ev.
198	17	T	Battle of Warsaw, 1655	4 26	7 45	3 39	4 32	7 38	3 48	75th MERIDIAN.
199	18	F	Battle of Winchester, 1864	4 27	7 44	sets.	4 33	7 37	sets.	84 1st 43m ev.
200	19	S	Queen Anne died, 1714	4 28	7 43	9 13	4 34	7 37	9 07	104 7th 50m ev.
201	20	S	Robert Burns died, 1796	4 29	7 42	9 40	4 35	7 36	9 35	24d 9h 44m ev.
202	21	M	Battle of Falkirk, 1298	4 30	7 41	10 04	4 36	7 35	10 00	31d 8h 21m ev.
203	22	T	Gibraltar taken, 1604	4 31	7 40	10 25	4 37	7 34	10 22	Full Moon.....
204	23	W	Battle of Niagara, 1814	4 32	7 39	10 45	4 38	7 33	10 43	75th MERIDIAN.
205	24	T	Sp. Armada def., 1588	4 34	7 38	11 05	4 39	7 33	11 05	84 1st 43m ev.
206	25	F	New York admitted, 1788	4 35	7 37	11 27	4 40	7 32	11 29	104 7th 50m ev.
207	26	S	Bank of England char., 1694	4 36	7 36	11 52	4 41	7 31	11 56	24d 9h 44m ev.
208	27	S	Robespierre beheaded, 1794	4 37	7 35	morn.	4 42	7 30	morn.	31d 8h 21m ev.
209	28	M	Wilberforce died, 1833	4 38	7 34	0 22	4 43	7 28	0 27	75th MERIDIAN.
210	29	T	Wm. Penn died, 1718	4 39	7 33	0 59	4 44	7 27	1 05	84 1st 43m ev.
211	30	W	Andrew Johnson died, 1875	4 40	7 32	1 47	4 45	7 26	1 54	104 7th 50m ev.
212	31	T		4 41	7 31	2 48	4 46	7 25	2 55	24d 9h 44m ev.
				4 42	7 29	4 02	4 47	7 24	4 08	31d 8h 21m ev.

Often times diseased or partially decayed food causes sickness, nausea and diarrhoea. If the bowels are cleansed from this impurity with a dose of MOTHER SEIGEL'S OPERATING PILLS, these disagreeable effects will vanish, and good health will result.

What the Shakers make bears the impress of their upright character.

**FEVER AND INFLAMMATION.**

When there are free evacuations each day by the water passages, and by the bowels, and by the sweat of the body, and all the corrupt and useless matters are carried off, there can exist no inflammation or feverish symptom. Dyspepsia is the cause of these derangements. When these diseased particles are retained, they poison the blood, which shows itself in various forms. When good and bad blood are struggling to get the better of each other, the irritation produced gives rise to fever and inflammation. How necessary, then, to keep every outlet of the body free and open, that no clogging of impure blood can exist! By attending to these passages of evacuation, persons can live to old age without one feverish symptom; and when bruised or cut by accident, the wound will immediately heal, without inflammation, if the blood be kept in a pure and uncorrupted state by occasional use of this strengthening, cleansing and invigorating Syrup.

**One Bottle Sells Another.**

Hartland, N. B., March 27, 1886.

A. J. WHITE & Co.

*Gents:* All Seigel's Syrup wants is to be known to sell well. One of my customers bought a bottle and it helped him so much, that he had a friend try it who was likewise afflicted with Liver Complaint and he was so much benefited that he took four bottles, and to use his own words, "it built him right up." Before taking the Syrup he could scarcely do any work. I have heard indirectly of many cases that have been greatly benefited.

Yours truly,  
J. T. G. CARY,

Prince Edward Island, N. S. Feb. 7, 1886.

A. J. WHITE & Co.

*Gentlemen:* I have not words enough to praise Seigel's Syrup and Pills. It gives universal satisfaction, and shall want some more soon.

Yours truly,  
BENNETT McEACHERN.

**WORMS**

are produced by corrupted matter in the system, which breeds these uncomfortable companions. Clear out these scavengers by the use of the Syrup, which so paralyzes them that they cannot cling to the sides of the bowels, and when the corrupted matter

is passed off by the use of the Syrup they must go with it. They and their nests are effectually destroyed and passed off.

Mothers should give their children occasional doses of the Syrup, that worms may not breed in corrupt substances of the body.

Foul matter breeds worms; cleanse the system of impurities. Worms cannot breed in healthy substances, for they grow and thrive on the filth and corruption.

West Bangor, Franklin Co., N. Y., Jan. 13, 1885

DEAR SIR:—Helen Duncklee, of this place, wishes to testify to the merits of your valuable medicine in cases of Worms, Colds, etc., and its efficiency as a wonderful family medicine. As for myself, I cannot find words to express my high opinion of your Seigel's Syrup, or Extract of Roots. May God bless you.

Yours truly,

LOIS ELIZABETH BARNHART.

**FEMALE DISEASES.**

Mother Seigel's Syrup, or Shaker Extract of Roots, has given health and spirits to thousands of females. The hollow cheek, the sunken eye, the sallow countenance, the dark circles underneath the eyes, all are indicative of weakness of the female organs of generation, which are speedily overcome by the use of Mother Seigel's Syrup, or Shaker Extract of Roots.

During pregnancy, the Syrup can be taken with perfect safety in 10 to 15 drop doses instantly after eating. If the bowels should be costive, an occasional dose of the Seigel's Operating Pills will give great relief. Care should be used so as not to produce violent purging.

Its use removes obstructions, brings the hue of health to the countenance, and should be used by females suffering from the various diseases to which the sex is subject, such as leucorrhœa, or whites, falling of the womb, bearing-down sensations, etc. Two or three bottles of Mother Seigel's Syrup, or Shaker Extract of Roots, will bring the flush of health to the cheek and vivacity and elasticity to the system. Flagging spirits are restored, and new life and

(Continued on page 18)

**Mother Seigel's Operating Pills are purely vegetable and contain no mineral poison.**



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**TURKEY SOUP.**

Take the turkey bones and cook for one hour in water enough to cover them, then stir in a little of the dressing and a beaten egg. A little chopped celery improves it. Take from the fire, and when the water has ceased boiling add a little butter, with pepper and salt.

**MUTTON BROTH.**

This is often ordered for invalids. It should be made as plainly as possible, and so as to secure the juice of the meat. Boil slowly about two pounds of lean mutton for two hours; skim it very carefully as it simmers, and do not put in much salt. Some vegetables may be added as a seasoning, and for some broths a little barley or rice.

**ONION GRUEL.**

This is excellent for a cold. Slice down a few onions and boil them in a pint of new milk, stir them in a sprinkle of oatmeal and a very little salt; boil till the onions are quite tender, then sup rapidly and go to bed.

**TOMATO SOUP.**

Three pounds of beef, one quart of canned tomatoes, one gallon of water. Let the meat and water boil for two hours, or until the liquid is reduced to a little more than two quarts. Then stir in the tomatoes and stir all slowly for three-quarters of an hour longer. Season to taste, strain and serve.

8th Month.

AUGUST, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gr. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon rises.	
213	1	F	Battle of the Nile, 1798.	4 43	7 28	8 26	4 49	7 23	8 22	
214	2	S	Napoleon Consul, 1802.	4 45	7 27	8 58	4 50	7 22	8 56	
215	3	S	Columbus sailed 1492.	4 46	7 26	9 25	4 51	7 20	9 24	
216	4	M	Shelley born, 1792.	4 47	7 24	9 50	4 52	7 19	9 50	
217	5	T	First Cable Message, 1858.	4 48	7 23	10 14	4 53	7 18	10 16	
218	6	W	Ben Johnson died, 1837.	4 49	7 21	10 38	4 54	7 16	10 41	
219	7	T	War Department estab'd. 1787.	4 50	7 20	11 04	4 55	7 15	11 08	
220	8	F	George Canning died, 1827.	4 52	7 18	11 32	4 56	7 14	11 33	
221	9	S	Battle of Stonington, 1814.	4 53	7 17	morn.	4 57	7 12	morn.	
222	10	S	Tuileries stormed, 1792.	4 54	7 15	0 06	4 58	7 11	0 13	
223	11	M	J. V. Moreau born, 1763.	4 55	7 14	0 47	5 0	7 9	0 55	
224	12	T	Forbush Str. discovered, 1576.	4 56	7 12	1 35	5 1	7 8	1 44	
225	13	W	Specie payment resumed, 1838.	4 58	7 10	2 29	5 2	7 6	2 37	
226	14	T	Admiral Farragut died, 1870.	4 59	7 9	3 28	5 3	7 4	3 25	
227	15	F	Napoleon Bonaparte born, 1769.	5 0	7 7	4 30	5 4	7 3	4 26	
228	16	S	Battle of Bennington, 1777.	5 1	7 6	sets.	5 5	7 2	sets.	
229	17	S	Frederick the Great died, 1776.	5 2	7 4	8 30	5 7	7 0	8 27	
230	18	M	First Steamboat, 1807.	5 4	7 3	8 50	5 8	6 59	8 49	
231	19	T	Guerrie cap., 1812.	5 5	7 1	9 10	5 9	6 57	9 11	
232	20	W	Atlantic sunk, 1852.	5 6	6 59	9 31	5 10	6 56	9 34	
233	21	T	LaFayette cap., 1792.	5 8	6 57	9 54	5 11	6 54	9 58	
234	22	F	Bosworth Field, 1485.	5 9	6 56	10 21	5 12	6 52	10 26	
235	23	S	New Mexico annexed 1846.	5 10	6 54	11 54	5 13	6 51	11 00	
236	24	S	Washington burned, 1814.	5 11	6 52	11 38	5 14	6 49	11 43	
237	25	M	James Watt died, 1819.	5 13	6 50	morn.	5 15	6 47	morn.	
238	26	T	Battle of Crecy, 1346.	5 14	6 49	0 29	5 16	6 45	0 37	
239	27	W	Battle of Long Island, 1777.	5 15	5 47	1 34	5 18	6 44	1 41	
240	28	T	Goethe born, 1749.	5 16	6 45	2 52	5 19	6 42	2 58	
241	29	F	John Locke born, 1632.	5 17	6 43	4 12	5 20	6 40	4 17	
242	30	S	Semmes died, 1877.	5 19	6 42	5 36	5 21	6 39	5 39	
243	31	S	John Bunyan died, 1688.	5 20	6 40	6 57	5 22	6 37	6 59	

MOTHER SEIGEL'S OPERATING PILLS move the bowels with more ease than any others. They never gripe nor cause any pain. They act mildly, but thoroughly.

Mother Seigel's Syrup cures Dyspepsia.

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occasionally breed and

1885 wishes as a seal's

RT.

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*Handwritten notes:*  
Mrs. Carter (Mrs. 905)  
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vigor take the place of the loss of energy, sickness and decay.

*Saved my Life Last Fall.*

Gainesville, Green Co., Ark., January 9, 1885.

DEAR SIR:—I feel that I would be neglecting a duty by not saying something in favor of your excellent medicines. My little daughter was always sickly through the summer until she took your Syrup, and I firmly believe your medicine saved my life last fall.

Yours respectfully,  
SARAH JANE GRAMLING.

*The Best Medicine for Female Complaints.*

Tyner, Hamilton Co., Tenn., April 16, 1885.

Dr. A. J. WHITE.

Dear Sirs:—Mother Seigel's Curative Syrup gives better satisfaction than any medicine we have on sale. One of our customers called the other day and told me that his daughters were very unhealthy, and he purchased one bottle of the Syrup. They have used part of the medicine, and he called to say that it has proved more beneficial than all the medicine they ever took. He wished me to write and notify you of this fact, that other females may know what is good for their complaints.

Yours very truly, etc.,  
L. FRIAR & CO., General Storekeepers.

*Mother Seigel's Syrup Did More Good Than All the Doctors.*

Moody, Green Co., Ill., January 24, 1885.

Dr. A. J. WHITE.

Dear Sir:—Mother Seigel's Syrup is doing more good than all the doctors. My mother has been afflicted for years with female complaints. She finally tried Mother Seigel's Curative Syrup. She used twelve bottles, and finds more relief from their use than from all the medicines she has taken for years. She speaks highly of the Syrup. Nothing to equal it. I have a number of customers who say the same. They cannot do without it. I send an order for three dozen more.

Yours, very respectfully, GEO. W. MILLER.

*Seigel's Syrup for Females.*

Hughes Springs, Cass. Co., Texas, March 23, 1885.

Dr. A. J. WHITE.

Dear Sir:—Please send me another box of Seigel's Syrup. It has proven to be the best medicine for female and other complaints. My wife wants more of your Syrup. She says it has done her more good than all the medicines she ever took in all her life. She cannot say too much for them.

Another lady in this community says she does not know what she would do without Mother Seigel's Syrup and Operating Pills. This lady has been in very poor health for five years, and says your medicines are the only medicines that proved beneficial.

WM. EDWARDS, Postmaster.

**CONSTIPATION.**

A very prevailing complaint, and one that causes a vast deal of suffering. The cause is a *torpid liver*. The Liver is the largest gland in the body, secreting the bile, the *natural physic*, and when this gland be-

comes torpid and inactive, the bowels become sluggish and constipated. The effects of constipation upon the system are serious; when the fecal matter collects in the lower part of the bowels, it produces an unnatural pressure upon the blood vessels of the parts, causing that painful malady known as piles, but as a rule, when this matter is removed, the piles disappear. This collection of fecal matter, however, causes several other serious troubles. This foul matter becomes re-absorbed into the system, poisoning the blood, and when the poison reaches the brain, there is congestion, which may vary from simple headache to the most violent brain disease. The impure blood, while circulating through the lungs, causes the breathing to be labored, without affording relief as usual, and the breath becomes disagreeable, leaving a nasty taste in the mouth. Too close attention cannot be paid to the regularity of the evacuations from the bowels. Seigel's Syrup, or Shaker Extract of Roots, will be found especially adapted in such cases, for it gives the most satisfactory results.

*Recommends it for Dyspepsia.*

Coban, Ont., April 28, 1886.

A. J. WHITE & Co.

Gentlemen:—I cheerfully recommend your Seigel Syrup for dyspepsia. Anyone suffering from indigestion will do well to give it a trial.

Yours respectfully,  
JAMES HUMPHRIES.

*Indigestion Cured.*

Bromly, Ont., April 18, 1886.

Gents:—It is with pleasure I recommend Seigel's Syrup. I suffered for years with indigestion, and finally concluded to try a bottle of your Syrup. After using two bottles I considered myself cured.

Yours truly,  
ROBERT STEWART.

Carleton, Ont., Dec. 11, 1884.

MR. WHITE & Co.

Sir:—As I have sold one dozen bottles of the Curative Syrup, and have heard good reports of it everywhere. I am taking it myself for dyspepsia, and it is doing me a great deal of good. I want you to send me some more of the Curative Syrup. You can send me four dozen or more, or as many as you think proper. I am, sir,

Yours respectfully,  
ISAAC SHARPE.

(Continued on Page 20.)



9th Mo.

Day Year.	Day Month.
244	4
245	4
246	4
247	4
248	4
249	4
250	4
251	4
252	4
253	10
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270	27
271	28
272	29
273	30



TO MAKE HENS LAY IN WINTER.

Keep them warm, keep corn constantly by them, but do not feed it to them. Feed them with meat scraps, when lard or tallow has been tried; or fresh meat. Some people chop green peppers fine, or feed cayenne pepper mixed with corn meal. Let the hens have a frequent taste of green food, a little gravel and lime or clam shells.

OYSTER SOUP.

Take one quart of water, one teacupful of butter, one pint of milk, two teaspoonfuls of salt, four crackers rolled fine, and a teaspoonful of pepper. Bring to full boiling heat as soon as possible, then add one quart of oysters. Let the whole come to a boiling heat quickly, and remove from the fire.

RIPE TOMATO PICKLES.

To seven pounds of ripe tomatoes add three pounds of sugar, one quart of vinegar: boil them together fifteen minutes, skim out the tomatoes and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

SPLENDID OMELET.

Six eggs, whites and yolks beaten separately; half pint of milk; six teaspoonfuls of corn starch; one teaspoonful of baking powder, and a little salt; add the whites, beaten to a stiff froth, last; cook in a little butter.

9th Month.

SEPTEMBER, 1890.

30 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gr. Lakes.			MOON'S PHASES.	75th MERIDIAN.	90th MERIDIAN.	105th MERIDIAN.
				Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon rises.				
1886	244	M	Battle of Sedan, 1870.	5 21	6 33	8 14	5 23	6 35	8 15				
Seigel's	245	T	J. Howar <sup>d</sup> born, 1726.	5 22	6 36	8 38	5 24	6 34	8 11				
Indiges	246	W	Thiers died, 1877.	5 23	6 34	9 04	5 25	6 32	9 08				
	247	T	French Republic procl'd, 1870.	5 25	6 32	9 32	5 26	6 30	9 38				
	248	F	Mobile taken, 1864.	5 26	6 30	10 04	5 28	6 28	10 11	5d 10h 29m ev.			
	249	S	Lafayette born, 1757.	5 27	6 28	10 43	5 29	6 27	10 51	14d 1h 53m m.			
	250	S	Buffon born, 1707.	5 28	6 27	11 29	5 30	6 25	11 38	21d 5h 6m ev.			
	251	M	Sebastopol assaulted, 1855.	5 30	6 25	morn.	5 31	6 23	morn.	28d 8h 0m m.			
	252	T	Invasion of Canada, 1775.	5 3	6 23	0 21	5 32	6 21	0 31				
	253	W	Naval Battle of Lake Erie, 1813.	5 32	6 21	1 19	5 33	6 19	1 27				
	254	T	Battle of Brandywine, 1777.	5 33	6 19	2 21	5 34	6 18	2 28				
	255	F	Battle of Chapultepec, 1847.	5 34	6 17	3 24	5 36	6 16	3 30	5d 9h 26m ev.			
	256	S	Battle of Quebec, 1759.	5 36	6 15	4 28	5 37	6 14	4 33	14d 1h 53m m.			
	257	S	Wellington died, 1852.	5 37	6 13	5 32	5 38	6 12	5 36	21d 4h 6m ev.			
	258	M	Mexico captured, 1847.	5 38	6 11	sets.	5 39	6 10	sets.	28d 7h 7m m.			
	259	T	Moscow burned, 1812.	5 40	6 9	7 37	5 40	6 8	7 40				
	260	W	Battle of Antietam, 1862.	5 41	6 7	7 59	5 41	6 6	8 03				
	261	T	Battle of Gravelotte, 1870.	5 42	6 5	8 24	5 43	6 5	8 29				
	262	F	President Garfield died, 1881.	5 43	6 3	8 54	5 44	6 3	9 0				
	263	S	Robert Emmet hung, 1803.	5 44	6 2	9 32	5 45	6 1	9 39				
	264	S	Battle of Fisher's Hill, 1864.	5 46	6 0	10 19	5 46	5 59	10 27				
	265	M	Walter Scott died, 1832.	5 47	5 58	11 17	5 47	5 57	11 26				
	266	T	Andre arrested, 1780.	5 48	5 56	morn.	5 48	5 6	morn.				
	267	W	Battle of Monterey, 1846.	5 49	5 54	0 23	5 49	5 54	0 34	5d 9h 26m ev.			
	268	T	Ethan Allan captured, 1777.	5 50	5 52	1 45	5 51	5 52	1 52	14d 1h 53m m.			
	269	F	T. Clarkson died, 1846.	5 52	5 50	3 06	5 51	5 50	3 12	21d 5h 6m ev.			
	270	S	Steamer Arctic lost, 1854.	5 53	5 48	4 27	5 53	5 48	4 30	28d 8h 0m m.			
	271	S	Sir W. Jones born, 1746.	5 54	5 46	5 48	5 54	5 47	5 49				
	272	M	Lord Nelson born, 1758.	5 55	5 44	7 06	5 55	5 45	7 05				
	273	T	Whitfield died, 1770.	5 57	5 42	8 22	5 56	5 43	8 20				

ls become effects of serious ; s in the produces blood ves- ful mal- when this is appear. however, s. This into the when the ngestion, lache to The im- ough the labored, and the aving a se atten- y of the Seigel's will be ases, for

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TO GET UP A SOUP IN HASTE.

Chop some cold cooked meat fine, and put a pint into a stew pan with some gravy, season with pepper and salt, and a little butter, if the gravy is not rich, add a little flour moistened with cold water, and three pints boiling water, boiled moderately half an hour. Strain over some rice or nicely toasted bread, and serve. Uncooked meat may be used by using one quart of cold water to a pound of chopped meat, and letting it stand half an hour before boiling. Celery root may be grated in as seasoning, or a branch of parsley thrown in.

HASHED COLD MEAT.

Take your bones and stew them in a little water with an onion, some salt and pepper, and, if you like, a little savory herbs; when the goodness is all out of the bones, and it tastes nice, thicken the gravy with a teaspoonful of cornstarch, and if it is not very strong, put in a bit of butter; then place your stew pan on the hot hearth, and put in your slices of meat. Warm, but not boil. Serve with toasted bread.

10th Month.

OCTOBER, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon rises.	
274	1	W	Fulton's First Trip, 1807.....	5 58	5 40	7 29	5 57	5 41	7 34	Last quarter.....
275	2	T	First Railroad in the U. S., 1833.	5 59	5 39	8 01	5 58	5 39	8 08	New moon.....
276	3	F	Samuel Adams born, 1803.....	6 1	5 37	8 38	5 59	5 38	8 46	1st quarter.....
277	4	S	Battle of Germantown, 1777.....	5 2	5 35	9 22	6 1	5 36	9 31	2nd quarter.....
278	5	S	Battle of Thames, 1813.....	6 3	5 33	10 12	6 2	5 34	10 22	3rd quarter.....
279	6	T	Jenny Lind born, 1821.....	6 4	5 31	11 08	6 3	5 32	11 17	Full moon.....
280	7	M	Edgar A. Poe died, 1849.....	6 6	5 29	morn.	6 4	5 30	morn.	
281	8	T	Henry Fielding died, 1754.....	6 7	5 27	0 09	6 5	5 29	0 17	
282	9	W	Chicago Fire, 1871.....	6 8	5 25	1 13	6 7	5 27	1 20	
283	10	F	Battle of Leipsic, 1813.....	6 10	5 24	2 17	6 8	5 25	2 23	
284	11	F	Bahama discovered, 1492.....	6 11	5 22	3 21	0 9	5 23	3 26	
285	12	S	Robert E. Lee died, 1870.....	7 12	5 20	4 26	6 10	5 22	4 29	
286	13	M	Canova died, 1822.....	6 13	5 18	5 31	6 12	5 20	5 32	
287	14	T	William Penn born, 1644.....	6 15	5 16	6 38	6 13	5 18	6 37	
288	15	W	Battle of Jena, 1806.....	6 16	5 15	sets.	6 14	5 17	sets.	
289	16	T	Kosciusko died, 1817.....	6 13	5 13	6 55	6 15	5 15	7 00	
290	17	F	Burgoyne surrendere, 1777.....	6 19	5 11	7 30	6 17	5 13	7 36	
291	18	S	Lord Palmerston died, 1865.....	6 20	5 10	8 16	6 18	5 12	8 23	
292	19	S	Battle of Cedar Creek, 1864.....	6 22	5 8	9 12	6 19	5 10	9 20	
293	20	M	Battle of White Plains, 1776.....	6 21	5 6	10 16	6 20	5 8	10 24	
294	21	T	Battle of Trafalgar, 1805.....	5 24	5 4	11 29	6 22	5 7	11 36	
295	22	W	Nana Sahib captured, 1874.....	6 26	5 3	morn.	6 23	5 5	morn.	
296	23	T	T. Gautier died, 1872.....	6 27	5 1	0 45	6 24	5 4	0 51	
297	24	F	Daniel Webster died, 1852.....	6 28	4 59	2 04	6 25	5 2	2 07	
298	25	S	Battle of Balaklava, 1854.....	6 30	4 58	3 23	6 27	5 1	3 25	
299	26	S	Tr. Fontainebleau, 1807.....	6 31	4 56	4 40	6 28	5 0	4 40	
300	27	M	Cuba discovered, 1492.....	6 33	4 54	5 57	6 30	4 58	5 55	
301	28	T	Harvard College founded, 1636.....	6 34	4 53	rises.	6 31	4 57	rises.	
302	29	W	John Leach died, 1864.....	6 35	4 52	5 56	6 32	4 55	6 02	
303	30	T	Gov. Andrew died, 1864.....	6 37	4 50	6 31	6 33	4 54	6 39	
304	31	F	Gen. Hooker died, 1879.....	6 38	4 49	7 12	6 35	4 52	7 21	

11 Pans (8 lbs Butter for Dr. Chapman)

Although sixty-five years of age, she told me he attributed the ivory-like and elastic whiteness of her skin to the occasional use of the Syrup. The coarsest skin can be made soft and beautiful by the use of the purifying Seigel's Syrup, or Shaker Extract of Roots. Rashes, festers, flesh worms, pimples, liver spots, blackheads, and all unhealthy appearances of the skin must yield to this great cleanser and brightener of the skin; for if the blood be pure the skin will be pure.

*It is no Wonder I Speak.*

*Plymouth, Carroll Co., Ind., May 12, 1885.*

DEAR SIR:—It is with great pleasure that I testify to the meritorious powers of your medicine. I have suffered with Skin Diseases, Hives, etc., and my body was a mass of blotches and pimples, causing severe irritation. I have tried medicines and doctors, and was in bad trouble was in my blood and could hardly be eradicated. Six doses of your medicine improved me wonderfully, and one bottle entirely cured me. It is, therefore, no wonder that I speak in the highest terms of your medicine.

Yours very truly,  
ELI WAGNER.

*Purifies the Blood.*

*Northport, Ont., Jan. 7, 1886.*

Gentlemen: Your Curative Syrup gives good satisfactions. It is an excellent blood purifier and sells well.

Yours very truly,  
DOELAND, FOX & SON.

*Joel, Ont., December 3, 1884.*

J. WHITE & Co.

Dear Sirs: Enclosed please find \$10.80 Post Office order. I am trying to get the medicine as good a circulation as possible, as I think it is good. I am taking it myself and have given some away, and I have good account of it. I have now only four bottles on hand and at writing, so you had better send me some four dozen Seigel's Syrup, two dozen Pills and one dozen ointment.

Yours truly,  
R. M. STERLING.

*Treated for the Wrong Complaint.*

It is at all times hard to lose one whom we hold dear, but it is terribly so when we have the consciousness that but for mistaken treatment the loved one might have been with us still. In some cases the fact that the sufferer is treated for the wrong complaint is known in sufficient time to admit of the patient being saved, and the following is a case in point:

A little more than two years ago a beautiful young lady in New York was given up to die of Consumption. Her fond parents

took her to Paris as a last resort, hoping to find some skillful physician there capable of arresting the rapid strides of the supposed dreadful disease. In this their hopes were blighted, but fortunately, away in that distant foreign city they met with a description of a new method of treating Dyspepsia, which emanated from the Mount Lebanon Shakers of the State of New York. The thought struck the parents of this helpless young girl that perhaps their daughter was afflicted with Indigestion or Dyspepsia, and not Consumption; and if so, there might be a chance for her recovery.

Some of the Seigel's Syrup, or Shaker Extract of Roots, made especially for the cure of Dyspepsia, was obtained and administered to the patient, and the result was marvelous. To-day their daughter lives in the enjoyment of good health.

The fact was, the patient had been treated for the wrong complaint, and when she was treated for Dyspepsia (her real trouble), all the alarming symptoms of consumption vanished. This is not an isolated case. The country is full of suffering thousands that are being treated for Liver Complaint, Malaria, Kidney Disease, Lung Disorders, etc., etc., when the fact is they are afflicted with Indigestion in some of its varied forms, and all of such sufferers would obtain relief if they were properly treated for Dyspepsia.

*Doctors Make a Mistake.*

*Crofton, Christian Co., Ky., January 5, 1882.*

Mr. A. J. WHITE, 54 Warren St. New York.

Dear Sir:—My daughter, Sarah F. Walker, last Jan. was confined to her bed, and had been for twelve months; was under treatment of three eminent physicians, who said she had Consumption and Heart Disease. The doctors and all that saw her said she was bound to die. But I persuaded her to take your Seigel's Syrup, or Shaker Extract of Roots, and after having used two and a half 60 cent bottles, she was restored to perfect health, and said she felt better than she had for five years. My daughter is now living and enjoying good health, but had it not been for your medicine she would have been now dead.

Yours etc.,  
Rev. M. Melton.

Any one doubting this can write to Sarah F. Walker, Crofton, Ky.

N.B.—If you think this worth printing, please do so; if not give it to the waste basket.

At the fall of the 20  
 Mrs. Andrew  
 7  
 for all



**LEMON PIE.**

Take juice and grated rind of one lemon; stir together with three-fourths of a cupful of white sugar and one cupful of water; lastly, stir in four eggs, well beaten (reserving the whites of two for frosting). Fill into crust, and bake. For frosting, beat the whites of two eggs, reserved, to a stiff broth, with a tablespoonful of powdered sugar, spread over top evenly, and return to oven until slightly browned.

**PUMPKIN PIE.**

Take one quart of pumpkin, stewed and pressed through a sieve; two quarts of milk; two teacupfuls sugar; seven eggs, beaten very light; a teaspoonful of butter; ginger and cinnamon to suit the taste; stir well together and bake with plain crust.

**SALAD DRESSING.**

Four eggs, one teaspoonful of mixed mustard, one-quarter teaspoonful of white pepper, half that quantity of cayenne, salt to taste, four tablespoonfuls of cream, vinegar.

Boil the eggs until hard, which will be in about fifteen or twenty minutes; put them into cold water, take off the shells and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly mixed together. Now pour in enough vinegar, a little at a time, to make the salad about as thick as cream.

11th Month.

NOVEMBER, 1890.

30 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario, lying on & between the Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon sets.	
305	1	S	Earthquake, Lisbon 1755.....	6 40	4 47	8 00	6 36	4 51	8 10	Last quarter.....
306	2	M	Erie Canal began, 1825.....	6 41	4 46	8 56	6 37	4 50	9 05	New moon.....
307	3	T	St. Johns captured, 1775.....	6 43	4 44	9 56	6 39	4 48	10 04	First quarter.....
308	4	W	Gunpowder Plot discovered, 1605.....	6 44	4 43	10 58	6 40	4 47	11 05	Full moon.....
309	5	T	Guy Fawkes' Day.....	6 45	4 42	morn.	6 42	4 46	morn.	
310	6	F	Abraham Lincoln elected, 1860.....	6 47	4 40	0 02	6 43	4 44	0 03	
311	7	S	Battle of Tippecanoe, 1814.....	6 48	4 39	1 06	6 44	4 43	1 10	
312	8	M	Milton died, 1674.....	6 49	4 38	2 11	6 45	4 42	2 14	
313	9	T	Great Fire in Boston 1872.....	6 51	4 36	3 16	6 47	4 41	3 17	
314	10	W	Centennial Exhibition end., 1876.....	6 52	4 35	4 22	6 48	4 40	4 21	
315	11	T	Luther born, 1483.....	6 54	4 34	sets.	6 49	4 39	sets.	
316	12	W	Panic in England, 1857.....	6 55	4 33	4 56	6 50	4 37	5 02	
317	13	T	Montreal captured, 1775.....	6 56	4 32	5 31	6 52	4 36	5 34	
318	14	F	Herschell born, 1738.....	6 58	4 31	6 11	6 53	4 35	6 19	
319	15	S	Fort Mifflin taken, 1777.....	6 49	5 30	7 02	6 54	4 34	7 11	
320	16	M	D'Alembert born, 1717.....	7 0	4 29	8 07	6 56	4 34	8 14	
321	17	T	Boston Riot, 1747.....	7 2	4 28	9 19	6 57	4 33	9 25	
322	18	W	Fort Lee evacuated, 1776.....	7 3	4 27	10 35	6 58	4 32	10 40	
323	19	T	Garfield born, 1831.....	7 5	4 26	11 52	7 50	4 31	11 56	
324	20	F	Battle of Belle Isle, 1750.....	7 6	4 25	morn.	7 1	4 30	morn.	
325	21	S	Chloroform used, 1847.....	7 8	4 24	1 09	7 2	4 30	1 12	
326	22	M	La Salle born, 1643.....	7 9	4 23	2 24	7 3	4 29	2 25	
327	23	T	Battle of Chattanooga, 1863.....	7 10	4 23	3 38	7 4	4 28	3 37	
328	24	W	Zach. Taylor born, 1784.....	7 11	4 22	4 52	7 6	4 28	4 49	
329	25	T	Madame Grisi born, 1860.....	7 13	4 21	6 05	7 7	4 27	6 01	
330	26	F	Dr. Watts died, 1748.....	7 14	4 21	rises.	7 8	4 26	rises.	
331	27	S	First steam press, 1824.....	7 15	4 20	5 04	7 9	4 26	5 12	
332	28	M	Washington Irving died, 1859.....	7 16	4 20	5 50	7 10	4 25	5 59	
333	29	T	Horace Greeley died, 1872.....	7 17	4 19	6 43	7 12	4 25	6 53	
334	30	W	Battle of Narva, 1700.....	7 19	4 19	7 41	7 13	4 25	7 50	

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## PILL-TAKING MADE A PLEASURE.

As many people find it almost impossible to swallow the ordinary Pills on account of their size and taste,

### MOTHER SEIGEL'S OPERATING PILLS (SUGAR COATED.)

will be hailed with delight; for by this discovery, pill-taking is made a pleasure. While SEIGEL'S OPERATING PILLS are so very agreeable on account of their small size and sugar-coating, they lack none of the medicinal properties of the very best pills made. When once used, people will gladly continue taking them in preference to all others, because they will find the effects so agreeable, and at the same time very beneficial. They are mild but thorough, removing all obstructions, invigorating the liver, and causing the bowels to move with the regularity of health. The best remedy extant for the bane of our lives—Constipation.

#### DIRECTIONS.

SEIGEL'S OPERATING PILLS operate thoroughly as a purgative in doses of 2 to 4. In extreme cases, 6 may be taken.

One SEIGEL PILL every night will cure obstinate constipation.

One SEIGEL PILL at bed-time will cure a Headache.

One PILL every night will remove a Bad Taste in the mouth.

One PILL daily will cure pain in the side.

One PILL as a dinner pill will cure distress after Eating.

One PILL daily will cure dizziness.

One PILL daily will cure Drowsiness.



One PILL daily will remove the Sallow skin.

A full dose of SEIGEL'S PILLS will break up a cold.

A full dose will cure biliousness.

SEIGEL'S PILLS are purely vegetable and harmless; mild but thorough, causing no griping or distress.

One pill daily for Torpid liver acts like magic.

Price, 25c. per Box.

Sold by all Drug-gists or sent by mail on receipt of price.

A. J. WHITE & CO.,  
PROPRIETORS.

6 Beaver Hall Hill,  
Montreal, P. Q.

### MOTHER SEIGEL'S OPERATING PILLS (SUGAR COATED.)

Cure Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, etc., while their most remarkable success has been shown in curing Sick Headache, yet SEIGEL'S PILLS are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels.

Even if they only cured Headache, they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these Pills valuable in so many ways, that they will not be willing to do without them.

But after all, Sick Headache is the bane of so many lives, that here is where we make our great boast. These Pills cure it, while others do not.

SEIGEL'S PILLS are sugar-coated and very easy to take. Two to four Pills at bedtime make a dose. They are strictly vegetable, and do not gripe or purge, but by their gentle action please all who use them.

We have thousands of genuine testimonials on file in our office.



**RICE AND MEAT CROQUETTES.**

One cupful of boiled rice, one cupful of finely chopped cooked meat—any kind—one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put the milk on to boil, and add the meat rice and seasoning. When this boils, add the egg, well beaten; stir one minute. After cooling, shape, dip in egg and crumbs and fry as before directed.

**BREAD FRITTERS.**

One quart of milk, boiling hot; two cupfuls fine bread crumbs, three eggs; one teaspoonful nutmeg; one tablespoonful of melted butter; one saltspoonful of salt, and the same of soda, dissolved in hot water. Soak the bread in the boiling milk ten minutes, in a covered bowl. Beat to a smooth paste; add the whipped yolks, the butter, salt, soda, and finally the whites, whipped stiff.

**FLAKE PIE CRUST.**

Take one-half cupful of lard to a pint of flour; rub well together; take water sufficient to make a dough (not too stiff); roll out and spread with butter; fold over evenly, and make a second fold in the opposite direction; roll out again, being careful not to squeeze the butter out.

12th Month.

DECEMBER, 1890.

31 Days,

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gr. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon rises.	
335	4	M	John Brown hung, 1852	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	Last quarter
336	5	T	Battle of Austerlitz, 1805	7 20	4 18	8 44	7 14	4 24	8 51	New moon
337	6	W	Illinois admitted, 1818	7 21	4 18	9 48	7 15	4 24	9 54	1st quarter
338	7	T	Richelieu died, 1642	7 22	4 17	10 51	7 16	4 23	10 56	2nd quarter
339	8	W	Mozart died, 1792	7 23	4 17	11 55	7 17	4 23	11 59	3rd quarter
340	9	T	Max Muller born, 1823	7 25	4 17	morn.	7 18	4 23	morn.	Full moon
341	10	W	Marshal Ney shot, 1815	7 26	4 17	0 59	7 19	4 23	1 01	
342	11	T	Marshall Ney shot, 1815	7 27	4 16	2 04	7 20	4 23	2 04	
343	12	W	Vatican Council, 1564	7 28	4 16	3 11	7 21	4 23	3 10	
344	13	T	John Milton born, 1608	7 29	4 16	4 20	7 22	4 23	4 18	
345	14	W	Alex. Dumas died, 1870	7 30	4 16	5 33	7 23	4 23	5 30	
346	15	T	James II. fled, 1688	7 30	4 16	6 48	7 24	4 23	6 44	
347	16	W	Edward Forrest died, 1872	7 31	4 16	sets.	7 25	4 23	sets.	
348	17	T	Battle of Fredericksburg, 1862	7 32	4 16	5 53	7 25	4 23	6 01	
349	18	W	Washington died, 1799	7 33	4 17	7 05	7 26	4 23	7 13	
350	19	T	Prof. Agassiz died, 1873	7 34	4 17	8 22	7 27	4 24	8 29	
351	20	W	Boston Tea Party, 1773	7 34	4 17	9 41	7 28	4 24	9 47	
352	21	T	Beethoven born, 1770	7 35	4 18	10 59	7 28	4 24	11 04	
353	22	W	American Slavery abolished, 1865	7 36	4 18	morn.	7 29	4 25	morn.	
354	23	T	Henry II. crowned, 1154	7 36	4 18	0 15	7 30	4 25	0 18	
355	24	W	South Carolina seceded, 1860	7 37	4 19	1 28	7 30	4 26	1 29	
356	25	T	Savannah taken, 1864	7 37	4 19	2 40	7 31	4 26	2 39	
357	26	W	Plymouth settled, 1620	7 38	4 20	3 52	7 31	4 27	3 50	
358	27	T	Sir I. Newton born, 1642	7 38	4 20	5 03	7 32	4 27	5 00	
359	28	W	Thackeray died, 1863	7 39	4 21	6 13	7 32	4 28	6 09	
360	29	T	Christmas	7 39	4 22	rises.	7 32	4 28	rises.	
361	30	W	Battle of Trenton, 1776	7 39	4 22	4 32	7 33	4 29	4 42	
362	31	T	Sir F. Drake died, 1595	7 40	4 23	5 29	7 33	4 30	5 33	
363		W	Lord Macaulay died, 1859	7 40	4 24	6 31	7 33	4 30	6 39	
364		T	Gladstone born, 1809	7 40	4 25	7 35	7 34	4 31	7 42	
365		W	Juan Prim died, 1870	7 40	4 25	8 38	7 34	4 22	8 44	
		T	Battle of Quebec, 1775	7 40	4 26	9 42	7 34	4 33	9 46	

Use Seigel's Soothing Ointment for pains in the back, chest and side.

## WHAT THE PEOPLE OF CANADA SAY ABOUT Mother Seigel's Curative Syrup

These testimonials are all on file at our office, and can be seen on application.

### After 12 Years Cured of Indigestion.

*South Bay, Ont., Dec. 7, 1885.*

Sir,—I take great pleasure in informing you that I have been cured by your Seigel's Syrup and Pills. I suffered ten or twelve years with indigestion and constipation of the bowels, vomiting food and bile from the stomach, which caused great pain. I tried several good physicians, none of whom were able to give me any relief.

I tried several patent medicines, some of them giving relief for the time being, so you can easily see that I was discouraged, and it was with little faith that I commenced taking your Seigel's Syrup and Pills.

I started with your medicine about one year ago and have taken in all about two dozen bottles; it did take some little time to stop the vomiting, but I can say that now my health is greatly improved.

I will cheerfully recommend it to all suffering from stomach complaints.

I can give you the names of several others if you wish.

You may print this if you wish, as it may be the means of helping some other sufferer.

LEWIS M. WELBANKS.

*Spring Brook, Ont.*

A. J. WHITE & Co.

Gentlemen,—Seigel's Syrup is perfecting some wonderful cures in this place. One man who had been taking medicine a year, took two bottles and a box of pills, and says he is as well as ever he was.

Yours truly,

THOS. RUPERT.

*Petrolea, Ont., Dec. 1, 1885.*

A. J. WHITE, & Co., Montreal.

Dear Sir,—Enclosed please find P. O. order for eleven dollars and five cents, amount of invoice of Oct. 17th.

Your medicines have given every satisfaction. I selected some severe cases for trial; the report from each one is very satisfactory, so much so, you will please fill the enclosed order for 6 doz. Syrup, 3 doz. Pills and 500 Almanacks and oblige, Yours truly,

GEO. DENHAM, Druggist.

*Anherst Shore, Jan. 20, 1885.*

A. J. WHITE & Co.

Enclosed please find ten dollars (\$10.00). What overpays, please place to my credit. The SEIGEL'S SYRUP is giving good satisfaction. I am expecting larger sales as soon as the medicine becomes better known. Respectfully yours,

JAMES N. BROWNELL.

*Haedon's Hill, Muskoka Co., Ont.*

A. J. WHITE & Co.

Dear Sirs,—Having tried a bottle of Seigel's Syrup, and being much pleased with the effects, I would like you to send me some to sell, as I keep a general store and can handle an article possessing the merits your medicine has. Yours truly,

G. C. BETTS, Merchant.

*Essex Centre, Essex Co., Ont., July 1, 1885.*

A. J. WHITE & Co.

Gentlemen,—Seigel's Syrup is well spoken of by everyone here. Send us some more at once.

Yours truly,

BRIEN & Co.

*Springfield, N. B., Oct. 15, 1885.*

A. J. WHITE & Co.

Gents.—Seigel's Syrup gives good satisfaction wherever used. One case in particular (where the cure of Dyspepsia seemed almost a miracle) was greatly benefited by your medicine. Yours respectfully,

JNO. G. MORRISON.

*Notre Dame de Stanbridge, Que., June 11, 1885.*

A. J. WHITE & Co.

Please ship the enclosed order (order enclosed) as I am nearly sold out. You may send three dozen this time, as the medicine gives good satisfaction.

Yours very truly,

J. G. TRAHAN.

*Cobourg, Ont. Jan. 8, 1885.*

A. J. WHITE & Co.

Gentlemen,—Your medicine has a remarkable sale for the short time I have had it. It is highly recommended by all who have tried it.

Yours respectfully,

E. SCARLETT.

*Port Maitland, N.S., July 4, 1885.*

A. J. WHITE & Co.

Dear Sirs,—Although it is somewhat difficult to introduce new medicines in competition with old ones, I find your Seigel's Syrup gives good satisfaction wherever sold. Yours very truly,

W. S. PORTER.

*Knoxford, Carleton Co., N.B., April 27, 1885.*

A. J. WHITE & Co.

Dear Sirs,—You may send me some more Pills by mail. I have sold quite a quantity of Seigel's Syrup with good results. Yours respectfully,

THOMAS FULTON.

*Bar River, Algoma, Ont., May 19, 1885.*

A. J. WHITE & Co.

Gentlemen,—Wherever your medicine has been introduced it has been received favorably.

Yours truly,

J. EVOY.

*Alderney, Richmond County, Nova Scotia.*

Gentlemen,—Your medicines have had a ready sale here. I could have sold five times the quantity if I had had it. The ointment is excellent for Piles.

Very truly,

HENRY J. DONOVAN.

*N. E. Margaree, Nova Scotia, May 21, 1885.*

Gentlemen,—I distributed the little books you sent me, and the Syrup and Pills are getting a good sale. People come for miles around after the medicine, and I shall want another box as soon as you can send it. Everyone who has had a bottle speaks highly of it.

Yours truly,

J. B. CRANTON.

What the Shakers put their name on is pure and genuine.



**The Road To Poverty.**

"What made a poor man of my husband was the money he had to pay the doctors for treatment and medicine that did him no good. Last winter these bills amounted to seventy-five dollars." The above words were spoken by a lady of Woodstock, N.B. She had been ill a good deal, with indigestion and dyspepsia, and alludes to the burden it imposed on her husband. How surprised and delighted to find herself completely cured after taking only two bottles of Mother Seigel's Syrup. A mechanic of the same place, who had been unable to work at his trade for seven years, has also been cured by the Syrup. Another man whose name can be given by Mr. J. W. Dalling, the chemist of Woodstock, had not enjoyed a days good health for years, took the Syrup and then said, "I can work as hard and eat as heartily as when I was young." Seigel's Pills are also giving universal satisfaction in New Brunswick, as they do everywhere.

**Two Years' Good Work.**

It is only about two years ago since Seigel's Syrup was first introduced to the good people of Red Point, Prince Edward's Island, yet a communication from Mr. Alex. R. Robertson, chemist of that place, indicates how much good the medicine has already done. The most stubborn cases of dyspepsia have already yielded to its influence, and it is proving successful in kidney complaint where the sufferers were about ready to abandon all hope of recovery. The real cause of the value of the Syrup in kidney, bladder, and in other urinal troubles is its power to tone up and invigorate the liver, for all serious ailments of the urinary organs begin in the digestion, and in the torpidity of the liver. In such cases relief is usually felt after taking only a few doses.

**We Congratulate Mr. Burns.**

There is no greater pleasure in life than to feel thoroughly well and strong again after a long and distressing illness, and we can therefore easily believe Mr. James Burns, of 33 Murray street Montreal, when he writes as follows: "I take great pleasure in informing you that by the use of Mother Seigel's Curative Syrup and Pills I have been cured of chronic dyspepsia from which I had suffered about four years." Other sufferers

may well take courage on reading these frank and cheerful words, for this gentleman had all the pain and bore all the misery they are called upon to undergo, yet Seigel's Syrup cured him, after every other medicine had been tried in vain.

**Yes, but it Comes Cheaper.**

In a conversation which occurred in the summer of 1887, Mr. Aylmer Place, of Millington, P.Q., said to a friend; "Money would not tempt me to consent to be put back where I was before I began to take this medicine." He referred to Seigel's Syrup. And no wonder. He had suffered from dyspepsia, and all who have undergone the torments of that common but terrible complaint will agree with Mr. Place that if a whole fortune were necessary to purchase a remedy for it they would not hesitate a moment. Mr. Place is now well and attributes his recovery wholly to Seigel's Syrup, which is offered at a price to put it in the reach of everyone whose life is made a burden by Indigestion, Dyspepsia, and all complaints of the Liver and Blood.

**CUSTARD PIE.**

Take three eggs, beaten thoroughly; two teaspoonfuls of white sugar, one pint of milk, nutmeg to suit the taste, a little salt; stir all together, add the eggs last.

**SQUASH PIE.**

Two teacupfuls of boiled squash, three-fourths of a teacupful of brown sugar, three eggs, two tablespoonfuls of molasses, one tablespoonful of melted butter, one tablespoonful of ginger, one teaspoonful of cinnamon, three teaspoonfuls of milk, and a little salt.

**COTTAGE PUDDING.**

One cup of suet, one egg, two tablespoonfuls of melted butter, one cupful of sweet milk, two cupfuls of flour, one teaspoonful of cream tartar, half tablespoonful of soda; bake one-half hour. Eat with hot sauce.

**SUET PUDDING.**

One pint of milk, one pint of syrup, half pound of raisins, half pound of currants, half pound of suet; add prepared flour as stiff as pound cake. Spice to suit taste.

**BOILED BREAD PUDDING.**

To one quart of bread crumbs, soaked in water, add one cup of molasses, one tablespoonful of butter, one cupful of fruit, one teaspoonful each of all kinds of spices, one teaspoonful of soda, about one cupful of flour. Boil one hour.

Use Mother Seigel's Soothing Ointment for pains in the back, chest or side.

## I FELT AS THOUGH I HAD COME BACK TO LIFE.

South Farmington, N.S.,  
May 9, 1888.

A. J. WHITE, Limited, Montreal.

When a person has got home safe after a long and dangerous journey, his friends like to hear him tell what he has seen, and the perils a kind Providence has delivered him from. And I think it is the same with sickness. So I am sure there must be many who will read what I have to tell, and perhaps learn something from it that may be for their good. Writing is not easy for me, and I shall only go so far as to put down what is most important, asking you to let me do it in my own way.

I had been troubled with liver complaint for several years. What first brought it on I cannot say, but I well remember how I felt. My mouth had a bad taste, my head ached a good deal; a dull, heavy pain it was, with a sleepy sensation as though I had had a poor night's rest; then my skin began to look yellow, and my hands and feet would feel cold, as though the blood did not circulate through them. With this the bowels got to be very irregular, and I was much troubled with costiveness. This would be relieved for a day or two by an opening medicine, but afterwards it was as bad as before. Sometimes a spell of dizziness came on so suddenly I was obliged to sit or lie down till it passed over. Then I would have sickness at the stomach, and occasionally the only relief I could get would be in vomiting. No one who has ever suffered in this manner need be told how weakening and depressing this was. Then, besides, I was troubled with heartburn and a rising up of a sort of hot wind or gas into my throat and mouth.

When I spoke of this to others, as I often did, they would say, with the idea of comforting me, "Oh, there is nothing very bad the matter, you are no worse than you have been; there is no danger." But I was worse for all they said, and in the fall of 1884 I broke down completely. I had a sharp, cutting pain around my heart, and once in a while it would almost stop beating, and I had a feeling like as if I must smother, it was such hard work to get my breath. Then I had a pain over the liver, and such a distress

and weakness low down in the small of the back over the kidneys. With this I noticed the urine looked very dark colored, and it came away often, but only a little at a time. Yet it was not always so, for there would be times when it was free and plenty and clear as spring water. But there was always more or less heat with it, and it made me very anxious and worried.

Indeed, I was so frightened at things that we sent for the doctor and I was put under his care. He said besides the liver trouble my system was all out of order with nervous dyspepsia and prostration, and that the first cause of it was the indigestion that I had been afflicted with so many years. "You have let it run so long," he said, "that it will be an up-hill job to get you well again. All we can do is to try and hope for the best."

Then the doctor—and I have no fault to find with him—treated me in his way for three months. But it was no use, I grew worse and worse. My appetite had been wretched for a great while but it was now gone entirely. How I kept alive on the little I forced down was a wonder. I almost hated the thought of eating, yet I needed nourishment as a person starving needs it. I wanted the strength it would give me more than words can tell. There was food enough, Heaven knows, but none for me! How horrible is the thought that food is poison to the dyspeptic! Whether he eats or not he wastes away and dies all the same.

At this time I was so excitable, and my nerves so strung up and sensitive, that I was as much afraid of the least noise or sound as a child is of the firing of a gun. Even common talk nearly set me crazy. I had been plump and of good weight, but now my flesh was gone like the dew when it is dried up by the hot sun. It seemed to me I couldn't stand it much longer, and what if I couldn't? Who in my condition would want to go on living, with every day harder and more weary to get through from morning to night.

Seeing that no benefit had come to me, but rather the contrary, we employed another doctor who did his best for four months. *And here I want you to understand that in all those four months I never slept once without taking some medicine to make me sleep!* Few patients in hospitals I think have ever had a more miserable experience than that.

Once in a while, however, I could read a little, and one day as I was looking through the paper my eye fell upon an article about

Mother Seigel's Soothing Ointment gives instant relief to burns and scalds.

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Mother Seigel's Curative Syrup. Thought I 'that is just what I need,' and oh! how I hoped that what was said about its having cured just such cases as mine might really be true, for you must know it is wicked and wrong to deceive poor sufferers merely to get them to buy what will not benefit them. There was no one in our place who kept Mother Seigel's Syrup, so I sent to St. John's and got a bottle, and by the time I had taken it I could sleep without any medicine to help me, and now my appetite was much improved. How surprised and glad I was to find myself actually a little hungry, and natural hunger, too, for the first time in so long. I could eat and the food stayed on my stomach and was digested without giving me anything like the distress I used to have.

Then we sent to Halifax and bought six bottles more, and I took it through the whole winter of 1884-5. I have no skill to tell you how I kept on getting better week after week. My bowels became regular, and all the bad symptoms and pains left me—not at once, but one after another as the Syrup purified the blood. *I felt as though I had come back to life after having lain, so to speak, for months in an open grave.*

By the time spring fairly set in, I was able to do my work and manage all my household affairs, and have done it ever since without a single day's help from anyone; and I am now a woman of sixty-three years of age. I am as fleshy as before I was taken sick, and for the past three years I have enjoyed life even more than when I was young, for I know what it is to be weak and miserable and then to be strong, happy and well. My present good health I owe to Mother Seigel's Syrup and I shall be grateful to her as long as I live.

People here are acquainted with my case, and the Syrup is now widely known and used in this part of the country. If you think there is anything in what I have said that others would like to read, you may print or publish it, although it is not as good as I would have written, if I had more time and ability.

Yours very sincerely,

MRS. WILLIAM CROCKER.

*Sheldon, Co. Cardwell, Ont.*

*Sirs,*—I think in time your medicine will be used more. People don't like new medicines, but your medicine is highly recommended by all who know it or use it once.

M. WEBSTER.

### A Living Witness.

#### TESTIMONIAL.

*Radford, Que., 14 Jan., 1889.*

I am a living witness that Mother Seigel's Syrup has cured my stomach. When my stomach is out of order I take this medicine, and I know in two hours the benefit of it. You can print this in your books if you wish, if you think it will be of any use in selling your medicine.

Yours truly,

MRS. J. BARTON.

*Lake George, Jan. 2, 1889.*

MR. WHITE.

*Dear Sir:*—I received your kind letter of Sept. 1st. after it had laid in the office some time, as my address is Richmond, Ireton Post Office.

Your almanac has got pretty well circulated through this county with good results. I never think of leaving home without a few with me, and often some of the medicine. I recommend it to all friends far and near, and every one I think it will benefit. I have sent it six miles on trial. I think, in general, it gives much satisfaction; in my own family we have adopted it as our family medicine, and would not like to be without it.

Your Ointment I have found to be all you claimed for it and more. It is a wonderful cure for poison. With joy I mention this for the benefit of others. One will only have to try it to know its value.

You will find the money enclosed for the last box. Please forward as soon as possible, as some are waiting. My husband is a blacksmith.

I remain, yours truly,

Mrs. S. L. PHILLIPS.

*Hamilton P.O., Aug. 1, 1888.*

TO A. J. WHITE & Co.

*Gentlemen:*—Allow me to write you a few lines. I have not been asked by any person to write to you, but I feel it my duty as a Christian woman to let you know what your medicine has done for me. I was for the last 10 years a great sufferer from dyspepsia, liver complaint and constipation, so much so that I could not eat anything without being in great pain. No tongue can tell what I suffered. I took everything most that I thought would be beneficial, but could find no permanent relief until about six months ago a neighbour woman (Mrs. Duns) brought me in a bottle of Mother Seigel's Syrup and a box of Seigel's Pills. I took them both. I felt better. I got 4 more bottles of Seigel's Syrup and 6 boxes of Pills. I have now used the last box of Pills and I can say, without hesitation, that I have found a permanent cure.

Your Pills are well worth \$5 a box and your Syrup invaluable.

You may publish this. Tell it to the world if you choose, for it is the truth.

Yours sincerely,

Mrs. C. HOPKINS.

*Bluevale, Huron Co. Ontario, Oct. 29, 1888.*

*Sirs,*—Having been troubled with rheumatism for seven years, and all doctors remedies failing to give me relief, I resolved to try Mother Seigel's Syrup. Before I began to use the Syrup I was in continuous pain for nine months every year. The rheumatism affected my heart and caused fainting spells. Before I had taken your Syrup three days I felt myself a different person. I have now taken fourteen bottles, and consider myself completely cured. I highly recommend it to all. It has been worth its weight in gold to me.

I am, yours truly,

MRS. JOHN FARROW.

No other Pills operate so gently—yet thoroughly—as the Mother Seigel's Operating Pills.



# Worth Five Dollars a Box!

## SEIGEL'S OPERATING PILLS

**S** SEIGEL'S OPERATING PILLS

Are admitted by thousands to be worth Five Dollars a box for Nervous and Bilious disorders, such as wind and pain in the stomach, sick headache, giddiness, fullness and swellings after meals, dizziness and drowsiness, cold chills, flushings of heat, loss of appetite, shortness of breath, costiveness, scurvy, blotches on the skin, disturbed sleep, frightful dreams, and all nervous and trembling sensations, &c. The first dose will give relief in twenty minutes. This is no fiction, for they have done it in thousands of cases. Every sufferer is earnestly invited to try one box of these pills, and they will be acknowledged to be **Worth Five Dollars a Box.**

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For females of all ages these Pills are invaluable, as a few doses of them carry off all humors, and bring about all that is required. No female should be without them. There is no medicine to be found to equal SEIGEL'S PILLS for removing any obstruction or irregularity of the system. If taken according to the directions given with each box, they will soon restore females of all ages to sound and robust health.

For a weak stomach, impaired digestion, and all disorders of the liver, they act like "MAGIC," and a few doses will be found to work wonders upon the most important organs in the human machine. They strengthen the whole muscular system, restore the long lost complexion, bring back the keen edge of the appetite, and arouse to action with the ROSEBUD of health, the whole physical energy of the human frame. These are the "Facts" admitted by thousands, embracing all classes of society, and one of the best guarantees to the nervous and debilitated is that SEIGEL'S PILLS have the largest sale of any medicine in the world.

Sold at retail by all druggists. In boxes, price 25c. per box. If these Pills cannot be obtained from your druggist they will be sent by mail on receipt of price.

A. J. WHITE & Co.,

Herald Building, 6 Beaver Hall Hill, Montreal, P. Q.

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No such pleasant physic in the world as Mother Seigel's operating Pills.

Mother

**Only One Objection.**

There is only one objection to Mother Seigel's Syrup: its curative power is so great that those who use it for a time soon need it no more. For sick headache, which usually arises from a sour or foul stomach, and for the feeling of lassitude and weariness that always accompanies indigestion—for these things Seigel's Syrup is a sovereign remedy. And the best of it is that the Syrup does not merely relieve—it cures; its effects are lasting. Every family would be happier and richer if they would keep it in the house and learn to use it and depend upon it, for by so doing they could keep well, which is even better than to *get* well. We keep the Syrup in our family and praise it to all our friends. The above is an extract from a letter from Mary W. Havey, Post-mistress at Freeport, N.S.

**The Doctors Didn't Understand.**

In the year 1883, Mr. Reuben Hurlbut, of Myrtle, Ont., had an attack of acute indigestion. The family physician was called in and succeeded in relieving some of the most painful symptoms, but at that point his skill was exhausted. The real trouble not only remained undisturbed but rapidly developed into chronic dyspepsia. Fearing that he was about to become an invalid for life, he visited a physician at Whitby—a man of high reputation in his profession—and asked him to take charge of his case and spare no effort to arrest the progress of the malady. This was done, and for six months Mr. Hurlbut followed the physician's advice and took his medicine. Unhappily there was no good result whatever, as the patient declined from week to week. His strength and flesh failed, and he suffered from all those distressing peculiarities of the disease which are elsewhere described in this book. Discouraged and disheartened he was then counselled to try the homœopathic doctors, which he did. He went to one of the best practitioners of this school in Toronto and once again repeated the facts of his case and told him what had been already fruitlessly done. The medical gentleman listened and finally gave the patient some medicine to use at his home. Concerning the effect of this Mr. Hurlbut says: "If I had continued taking it I believe I should not have lived long, I was compelled to give it up." At this time, when he was so low in health and hope, he happened to hear of Mother Seigel's Syrup as a

cure for all diseases of the digestive organs. He began using it and began getting better almost at the same time. He rapidly gained in flesh and can now attend to his business as well as ever he could. In speaking of the value of Mother Seigel's Syrup Mr. Hurlbut recently remarked: "I would not be without it if it cost me \$2 a bottle."

**There are Many Like Them.**

There is a lady living near Chatsworth, Ont., who could not eat any solid food without suffering the greatest distress. What to do she did not know, for the physicians seemed to have no medicine that would reach the case. After a time she found out in some way about Mother Seigel's Curative Syrup and resolved to try if it would help her. She has used three bottles and can now enjoy and digest her meals. Mr. Samuel Foster, chemist, of Chatsworth, who mentions the above case, also says he knows of many others which he can furnish if he is called upon to do so.

**Plenty Of People Feel So.**

When a man has suffered for years with any complaint and taken medicine until he is disgusted with the name and sight of it, and is no better off than he was at the start, he is in no condition to put much faith in any more so-called remedies. This was exactly the case with Mr. W. H. Miller, of Severn Bridge, Ontario. He had been plagued with dyspepsia and impure blood (they always go together) and when he was advised to try Seigel's Syrup and Pills he was just in the right mood to refuse. But he did try them, nevertheless, and now he calls them "wonder-workers." Yet the wonders they perform are due to the fact that they are a wise combination of the very roots and herbs nature has made to grow on purpose to heal our pains and sickness.

**Suiting the Word to the Action.**—A New York Sunday-school teacher told her pupils that when they put their pennies into the contribution box she wanted each one to repeat a Bible verse suitable for the occasion. The first boy dropped in his cent, saying: "The Lord loveth a cheerful giver." The next boy dropped his penny into the box saying: "He that giveth to the poor lendeth to the Lord." The third and youngest boy dropped in his penny saying: "A fool and his money are soon parted."

**Mother Seigel's Operating Pills are purely vegetable and contain no mineral poison.**

MR. A. J. WHITE. *Nottawa, Ont., March 24, 1888.*  
 Sir,—I thank you for the almanacs sent me, and you will please send me *two dozen* of Mother Seigel's Syrup and oblige. I did not sell much of the stuff lately, but I have none of the Syrup and I will send money as soon as possible. Send to Nottawa Station and oblige  
 G. GEMMELL.

P.S.—I believe it has done me a great deal of good.

*Holy's Station, P.O., Tp. Ross, Co. Renfrew, Ont.,*  
 MR. WHITE. *March, 10, 1888.*  
 Sir,—I received your almanacs a short time since. I was sick a good part of the winter and could not go about. I did not dispose much of the medicine, almost all the stores have that medicine. I intend if all is well to go where there is but few stores. I don't think there is one that got the medicine from me but said it was the best medicine ever they got.  
 Yours truly, SAMUEL MASON.

*Wentworth, N.S., April 25, 1888.*

This certifies that I have used Mother Seigel's Curative Syrup, and have found it a valuable remedy for Billious headache and Dyspepsia.  
 (Signed) ROBERT JOHNSON,  
 Methodist Preacher at Wentworth, N.S.

*Prince of Wales, Musquash, N.B., Sep. 20, 1888.*  
 MR. A. J. WHITE & Co.  
 Dear Sirs,—I find your Seigel Syrup and Pills highly recommended by every one I have sold them to. I have been greatly benefitted by them myself. I recommend them as the best medicine in the market for purifying the blood and building up the system, and dispelling dyspepsia and asthma. Yours truly,  
 ISRAEL SHERWOOD.

P.S.—I shall order some more of your medicine shortly.

*The Shakers of Mount Lebanon, N. Y., prepare Mother Seigel's Curative Syrup, and the firm of A. J. White & Co. have the sole agency for its sale in all parts of the world. The medicine called Shaker Blood Syrup, that has been put on the market in Canada, purporting to be made by the Shakers, is not genuine, and the Shakers never sold or prepared an ounce of Syrup for the parties representing it as made by them. The Shakers having commenced a suit, this firm has entered into a bond not to sell any more, admitting they had no right to make and sell the Shaker Blood Syrup. The genuine goods have our steel plate label affixed to every bottle.*

A. J. WHITE & Co.,  
 6 Beaver Hall Hill,  
 Montreal.

## What Does All This Mean?

What mean these strong and impressive letters? Why do people write such stories to men who are comparative strangers? They have no interest in the welfare of our business. They are not to gain anything by sending us such flattering testimonials. Then why do they write them? The fact is, they know the Shakers to be worthy of the confidence of the community. They find that we are engaged in a mission for the relief of the human race from pain and suffering. They also have a friendly feeling for their kind. They themselves have obtained relief by the use of these remedies, and they wish others who may be sufferers to gain the same health and happiness they now enjoy. These people who have voluntarily sent us these letters of commendation extolling the healing properties of the Shaker remedies, have done so from a sense of duty to suffering humanity, pointing out to them a way of escape from pain and disease. They have done this, too, as an expression of their appreciation

of that honest and upright community which has withstood the jeers of the world's people for more than one hundred years, working against almost every adversity (with the blessing of God) until triumph has crowned their efforts; for at this time statements made and products manufactured by the Shakers have the confidence of the people from one end of the world to the other, as is instanced by the fact that these Shaker medicines are held in high esteem in every land on the face of the earth. In every country in Europe they have become a household treasure. In Africa, Asia, South America, Mexico and the islands of the sea, Mother Seigel's Curative Syrup, made by the Shakers, is as standard as gold. In England alone more than twenty million of bottles have been sold. Now, what does this mean? It means that this remedy has merit. That it does good to our race afflicted with disease.

No such pleasant physic in the world as Mother Siegel's Operating Pills.

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# GENERAL DIRECTIONS FOR TAKING MOTHER SEIGEL'S SYRUP.

**DOSE**—FIFTEEN TO THIRTY DROPS, two or three times a day, in a wine-glass of water immediately after eating.

The quantity may be regulated by the patient, who will bear in mind that sufficient needs to be taken to operate on the bowels two or three times each day. The blood will thus be purified, the sweat-glands of the skin will be opened, and the flesh made soft and healthy as an infant's. The kidneys and liver will do their duty, and all humors of the blood will be driven out of the system, and the body purified and restored to a sound and healthy condition. The medicine must be taken INSTANTLY after eating, so that it will become mixed with the food while in the stomach.

Commence by taking ten or fifteen drops three times a day INSTANTLY after eating, in a little cold sweetened water. It is best not to take the syrup on an empty stomach. If this does not give relief, increase the dose to thirty drops, always to be taken INSTANTLY after eating, so that the syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of syrup be not sufficient to effect this take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the pills than to increase the dose of the syrup.

*Mother Seigel's Syrup is put up in a highly concentrated form, the full dose being thirty drops (half a teaspoonful), and contains sixty average doses, being about One Cent Per Dose.*

*Mother Seigel's Ointment for Burns, Scalds, and all Inflammations, Piles, Chilblains, &c.*

Every family requires some kind of Ointment to be kept in the house, to be used in cases of Burns, Scalds, Sores, Bruises, &c. For this reason we have made SEIGEL'S OINTMENT, which will be found invaluable in such cases.

## DIRECTIONS FOR USE.

**For Blisters, Burns and Scalds.**—Spread a plaster with Seigel's Ointment on fine linen cloth, and apply to the part, so as to exclude the air; renew the plaster daily.

**For Sprains.**—Shower with cold water every day, and apply a plaster spread with the Ointment twice or three times a day.

**For Sore Eyes.**—Rub the Ointment on the eyelids once or twice a day.

**For Boils and Swellings.**—Rub the Ointment on the affected parts several times a day.

**For Piles.**—Wash in cold water every day, and apply the Ointment two or three times daily.

**For Inflammation.**—Apply a plaster spread with the Ointment several times a day.

**Rheumatism.**—While waiting for the effect of Seigel's Syrup to operate upon the blood, the pain may be temporarily relieved by rubbing the part with the Ointment.

THE RETAIL PRICES OF THESE MEDICINES ARE AS FOLLOWS:.

MOTHER SEIGEL'S SYRUP . . . . .	Per Bottle, 60 cts.
MOTHER SEIGEL'S OPERATING PILLS . . . . .	Per Box, 25 cts.
MOTHER SEIGEL'S SOOTHING OINTMENT . . . . .	" " 25 cts.

The goods mentioned in this book are sold by A. J. WHITE & CO., Herald Building, 6 Beaver Hall Hill, Montreal, P. Q., and by all Wholesale and Retail Drug Houses in the United States and Canada. If the reader cannot obtain a supply in his neighborhood, we will appoint a Local Retail Agent, so that the public can be supplied. Terms for Agencies in Canada can be obtained from A. J. WHITE & CO., 6 Beaver Hall Hill, Montreal, P. Q.

Applications for consignments, in places where we are not already represented, are invited. Such applications should be accompanied by reliable references, and will receive prompt attention.

1890



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