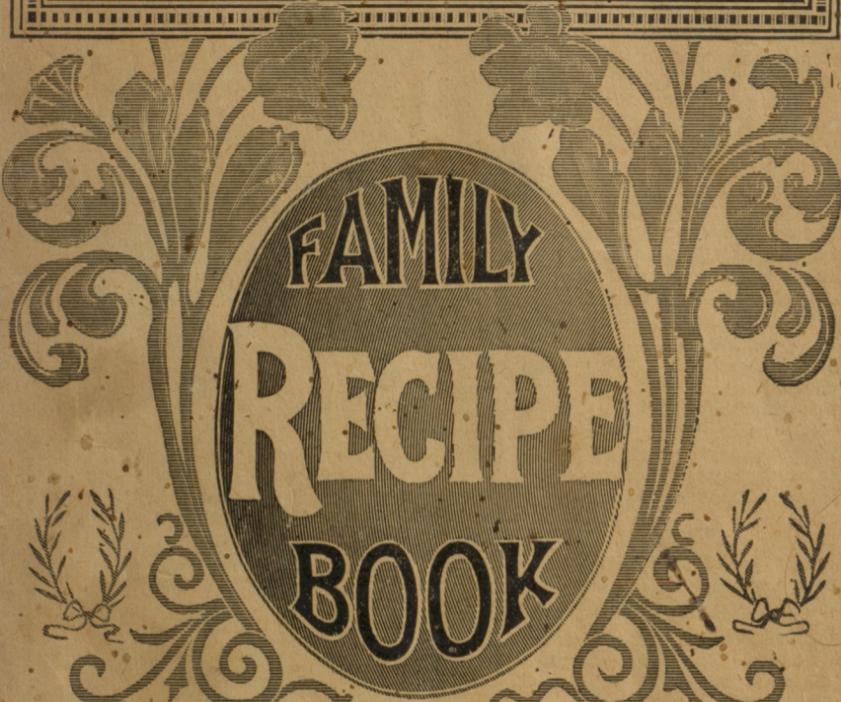


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NORTHROP AND LYMAN Co's



**FAMILY
RECIPE
BOOK**

This Book contains a careful
collection of the latest
COLORING, COOKING
and other recipes

PUBLISHED BY
NORTHROP & LYMAN CO LIMITED
TORONTO, CANADA.

MURRAY PRINTING CO., TORONTO.

EVERY business man has to face difficult problems. The house which handles proprietary medicines has no harder question to solve than how to protect his goods from being pirated, and on the other hand how to protect the public from unfair, inferior imitations. An imitation, while flattering to the excellence of the original, is mischievous, by deceiving the public in giving them a worthless article, and by discrediting the genuine medicine. We are constantly called upon to refute this kind of dishonest dealing.

The facts of **Dr. Thomas' Eclectic Oil** are in brief: In the year 1871, Dr. S. N. Thomas, of Phelps, N.Y., entered into an agreement with Northrop & Lyman Co., Limited, Toronto, to introduce his **Eclectic Oil** into Canada. The need for such an oil is always present everywhere, and the excellence of **Dr. Thomas' Eclectic Oil** is such that from the very beginning it was a great success. The demand increased immensely in a very short time and as no other **Oil** in the market could hope to compete with it in popular favor, several imitations were resorted to. Eternal vigilance has been necessary, but the result has been the exposure of fraud, the entire failure of the bogus, and the establishment of the genuine oil.

**But You Must Always
BEWARE OF
FORGERIES AND IMITATIONS.**

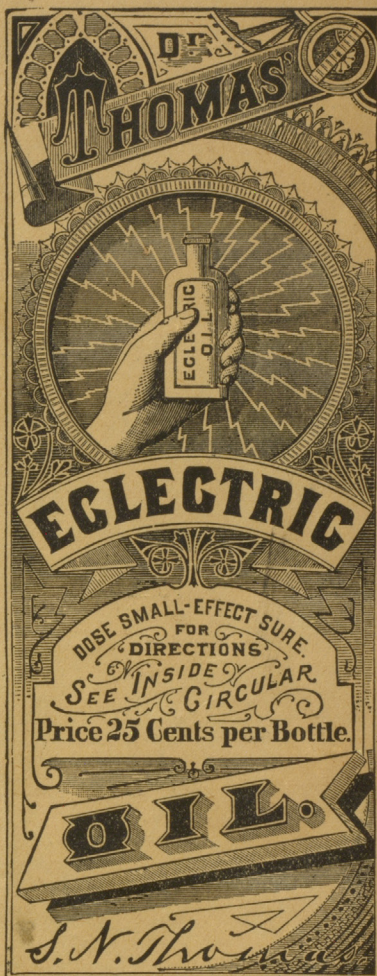
The favorite method by which those pirates try to deceive the people is by adopting a name for their preparation as like "Eclectic" as possible, and then putting it up in wrappers like those used for the genuine article. It is an outrage on common decency, and a most inhuman rascality. It is nothing less than taking advantage of the suffering and sickness you may be dying from, in order to rob you of your money, and, what is worse, of your chance of recovery. We give you this earnest **warning** against all and sundry imitations. We cannot recommend any oil whatever except that for which we are responsible. It is **Dr. Thomas' Eclectic Oil**. The word is not "Electric," nor "Electron," but **Eclectic**. Examine the label on the bottle carefully and don't run the risk of being fooled. Ask for it: see that you get it. Be sure that the name

DR. THOMAS'

Eclectic Oil is on the front of the wrapper, and on the side are the names of

Northrop & Lyman Co.

(Limited).



The above is a copy or fac-simile of the Lithographic Wrapper on the Genuine

**Dr. Thomas'
Eclectic Oil.**

Fix its appearance and the name in your mind, and don't be persuaded to take any Electric or Electron Oil in place of it, as they are base imitations.

PARMELEE'S VEGETABLE PILLS

CONTAIN
MANDRAKE & DANDELION
FOR THE LIVER.

THE greatest question for man to consider is that of health. Success in business, or success in social life are in comparison of secondary consequence when one's health is concerned. Happiness depends on health. These two conditions are conjoined. They cannot be separated. Yet how often is the health neglected and misery endured when ordinary precaution would set a man right. Life's fever presses hard to-day. The drain on nervous energy was never greater, and the man who can stand the strain must needs pay attention to the rules of health. Consider a moment. Your ambition is to run up a solid competency against the decline of life. It is a laudable aim and to do it you must strive while manhood is in its prime. As you rise in the world your business and social claims increase and must be met. You must plan, and plot, and persevere, and at the critical moment, unless you are a remarkably sensible man, your health gives way. If you are a sensible man you there and then rest and recuperate and if it be not too late you have learned a costly lesson by experience. How much better to think of your health before the crisis comes? How much more you can accomplish. How much fairer to yourself, to your family, to your business. Depend upon it your best investment is the time and thought you intelligently and reasonably devote to your digestion, to your blood, to your nervous system, to the keeping in steady condition your physical machinery. Small ills, the premonitions of coming troubles are comparatively easy things to deal with. They are not serious matters in themselves, as a rule, it is the neglect of them that is very serious. Most of them, such as headache, giddiness, lassitude, weak feeling, etc., arise from defective dieting or indigestion, in short, are stomach troubles. They indicate internal disorder in the first stages and if dealt with then

can be easily removed. The important thing is not to have a high-sounding remedy prescribed by a specialist from the city, but to have the simplest possible medicine, as long as it is the **correct** thing. Everything depends on that one fact. The medicine must be right;

otherwise your trouble will be aggravated. It need not be a case for experimenting. That has been done already and the simplest possible cure has been found, tried and proved. It is none other than **Parmelee's Vegetable Pills**, the most notable pill of the nineteenth and twentieth centuries. A brief description of them cannot fail to be of advantage to the reader, whether enjoying good health or suffering from illness.

As the name implies, **Parmelee's Vegetable Pills** are made from plants and herbs—belonging to the vegetable kingdom; and all except one herb found in Spain, are native to Canada. The medicinal properties of these herbs are truly wonderful. In the first place each property or element acts specifically on the organ requiring a remedy, and in the second place the combination of properties act on the affected organs as a whole. A little thought reveals that this is nature's own plan. Where man's part comes in is in the discovery of the co-related properties and in so manipulating them in combination that the human system can be beneficially influenced by them.

Parmelee's Vegetable Pills contain Mandrake and Dandelion, hence the excellent results in such troubles as dyspepsia, fevers, ague, and bilious attacks.

They act on the liver, on the kidneys, on the spleen, etc., purifying the blood, restoring health and strength to the body and buoyancy and cheerfulness to the mind. They prevent the growth of common internal ailments, into serious illnesses, and are a safe and speedy remedy which ought to be within the reach of every member of the human family.

Price 25c., or 5 boxes for \$1.

If you cannot get them from your medicine dealer, they will be sent by mail on receipt of price.

NORTHROP & LYMAN CO., LIMITED,
TORONTO. Proprietors for Canada.

DR. J. D. KELLOGG'S ASTHMA REMEDY

NEVER FAILS TO GIVE RELIEF

A SURE remedy for Asthma would be justly regarded as amongst the greatest boons that could be conferred upon humanity. No disease is more troublesome or annoying and whatever gives relief is to be hailed with gratitude. The dire nature of the affliction has called forth many efforts for a remedy and many cures have been announced but only to prove disappointing. **Dr. Kellogg's Asthma Remedy** is the one treatment that has never failed to give relief. It is composed of an inflammable powder which is ignited and the fumes are inhaled by the patient. The vapor penetrates to the affected passages and parts and gives instant relief. Thousands have in this way received benefit which no other means conferred, and **Dr. Kellogg's Asthma Remedy** has been justly acclaimed as a great discovery.

It is surprising what number of people are more or less afflicted with Asthma; most of them not knowing the source of the disease. Climate, diet, exposure to cold and wet, stomach troubles, etc., account for asthma in many cases. Sometimes it is hereditary and hard to cope with, but in all cases if taken promptly at the beginning it can be overcome. Its progress is insidious and only the wary and those who attend to warning can hope for a permanent cure speedily. When symptoms appear **Dr. Kellogg's Asthma Remedy** ought to be used until no trace has been left. If the disease has fastened itself upon the subject tenaciously then the **Remedy** must be persevered in. It should be remembered that relief is obtained in quick order in all cases.

The beginnings of the disease are not always apprehended by the average man or woman. They are simple and do not attract much attention. The symptoms are spasmodic contraction of the muscular fibres surrounding the smaller bronchial tubes, and temporary swelling of the bronchial mucous membrane. The attacks are generally during the night when rest and sleep

are necessary and when man needs peace and comfort.

Then **Asthma** comes like a thief in the night to flch away repose. While certain forms of Asthma rarely prove fatal, the disease if unchecked weakens the heart by overstrain and ends in a broken down constitution and general debility, a condition of things most dangerous, for should complications of disease arise, the body debilitated by Asthma will not in one case out of a hundred be able to resist the attack successfully. Besides, even in its mild stages the disease is wholly unmanageable and inconvenient, unless a deterrent remedy such as **Dr. Kellogg's**, here described be used. The keynote of sure cures is to **act promptly**. Delay is the ally of illness, immediate action of good health.

An Englishman Sounds its Praise—
MR. ERNEST F. HAYWARD, Kincardine, writes:—"I have been a sufferer from Asthma since I was five years old, and have hardly had a nights rest until six months ago. Would wake up at night gasping for breath. I have been to some of the best doctors, also to the Brompton Chest Hospital, London, England. The head physician advised me to come to Canada. I came but did not obtain any relief, indeed I was so bad as to be unable to walk. I was advised to try **Dr. J. D. Kellogg's Asthma Remedy** and did so to my great relief and continued using it until five months ago when I was completely cured and am now able to work steadily, which I was unable to do previously. I cannot find words to adequately express to you my thanks for the wonderful cure **Dr. Kellogg's Asthma Remedy** has effected for me."

Hay Fever—MR. GEO. STUART, Jameson Avenue, Toronto, writes:—"For a number of years I have been a sufferer from Hay Fever and in that time naturally tried numerous remedies, but I can truthfully say that the most beneficial, and in fact the only relief I have ever obtained was from **Kellogg's Asthma Remedy**."

Price 25 cents and \$1.00. If you cannot get it from your medicine dealer it will be sent per mail on receipt of price.

NORTHROP & LYMAN CO., LIMITED,
TORONTO.

COOKING RECIPES.

In the selection of the cooking recipes to be found in this book considerable time has been expended by an experienced cook; and we know our fair patrons will, after testing them, coincide with us in saying that they are of an exceptionally superior class of Recipes.

Soups.

Coloring for Soups and Gravies.—Put 4 ounces of lump sugar, 1 gill of water, and $\frac{1}{2}$ ounce of the finest butter into a small saucepan, and set it over a gentle fire. Stir it with a wooden spoon till of a light brown. Then add $\frac{1}{2}$ pint of water. Boil, skim, and when cold, bottle and cork it close. Add to soup or gravy as much of this as will give a proper color.

Chicken Broth.—Take an old fowl, pick, clean and wash. Cut it up in quarters and put on to boil in warm water, not hot; boil for 2 or 3 hours with salt, pepper and parsley, or until the meat is ready to leave the bones. The meat may be used for salad.

Plain White Soup.—Two or 3 pints of soup may be made of a small knuckle of veal, with ordinary seasoning, adding $\frac{1}{2}$ pint of good milk. Two spoonfuls of cream and a little ground rice will give it a proper thickness.

Veal Broth.—Stew a small knuckle in about 3 quarts of water, 2 ounces of rice, a little salt, a blade of mace, till the liquor is half wasted away.

Onion Soup.—Into the water that has boiled a leg or neck of mutton, put carrots, turnips and a shank bone. Simmer 2 hours, strain it on 6 onions, first sliced and fried of a light brown. Simmer 3 hours, skim it carefully and serve. Put into it a little roll or fried bread.

Ox Rump Soup.—Two or 3 rumps of beef will make it stronger than a much larger quantity of meat without these. Make it like gravy soup, and give it what flavor or thickening you like.

Cream of Celery Soup.—Save the green tops of celery, chop fine. Take about a quart when chopped, and add to 1 quart of water. Simmer gently for 20 minutes, press through a collander. Put a quart of milk in the double boiler; rub together 2 tablespoons of butter, 2 of flour, moisten with a little milk and stir till smooth. Add to the boiling milk along with the celery mixture, pepper and salt to taste. Strain through a fine sieve and serve at once.

Chicken in Peas.—Cut a young chicken into joints, and put the pieces into a saucepan

with nearly a quart of young peas, a bit of butter, a few cives cut small, and, if preferred, a little parsley. Sprinkle over this a little flour and moisten with cold water. Stew slowly till the chicken is cooked. Add a little salt before serving and a little white pepper, also a teaspoonful of sugar.

Rich Chicken Soup.—Clean and wash 2 small chickens, skin and cut them into joints, put them with the livers and gizzards into a saucepan with 2 quarts of cold water. When it boils skim and season with pepper and salt. In half an hour add a little finely chopped parsley, and let it boil for another half-hour. Beat well the yolks and whites of 4 eggs, and just before serving stir them quickly into the soup.

Potted Chicken.—Pound in a mortar the white meat of a cold chicken, season with pepper and salt, also a little mace if preferred; pound a piece of cold ham or tongue, season with pepper and salt, put a layer of each alternately into a jar, and press closely together. Bake in a slow oven for 1½ hours, and when cold cover with clarified butter.

Duchess Soup.—Three pounds shin of beef, 4 carrots (1 grated), 4 onions, 1 head of celery, 3 quarts of water and a little seasoning. Cut everything up fine, and put on in cold water in a saucepan with a small cup of pearly barley. Boil gently for 2 hours. Pepper and salt to taste.

Meats.

Gravy to Make Mutton eat like Venison.—Pick a very stale woodcock or snipe, cut it to pieces (but first take out the bag from the entrails), and simmer with as much unseasoned meat gravy as you will want. Strain it and serve in the dish.

Leg of Lamb.—Should be boiled to look as white as possible. The loin fried in steaks and served round, garnished with dried or fried parsley, spinach to eat with it, or dressed separately or roasted.

To Serve with Turkey.—Baked, instead of fried sausages are excellent to serve with roast turkey.

DR THOMAS' ECLECTRIC OIL

WORTH ITS WEIGHT IN GOLD

A POPULAR TALK.

Some Reasons Why the People Buy
Dr. Thomas' Eclectic Oil.

The Greatest of Modern Medical Discoveries.

WHEN a man becomes famous people want to know all about him. So with a medicine. A good medicine is the greatest boon that can be bestowed on mankind; it is natural that those who benefit by it should continually praise it, that those interested should wish to know all about it. It would be simply impossible to tell all about the greatest medicine of a century which is the proud claim of **Dr. Thomas' Eclectic Oil**, but much can be told. Its discovery was the result of long and patient research by a devoted student of science whose name the great remedy bears. The **Oil** is composed of six essential oils blended that the product acquires a potency which has conquered the most stubborn and dangerous ailments against which it has been tried. It is simple in its ingredients, cunning only in the preparation of its parts. It is a case of most skillful combination, of consummate skill overcoming every difficulty, with the result that medical science has been enriched and mankind benefited. But the simple things have always been the best and the most wonderful things. Nature's storehouse is crowded full of good things so commonplace that nobody scarcely pays attention to them. The trained medical man comes along, he picks up a plant here, an herb there, a flower in bloom and science tells him the curative properties others do not dream of. And such remedies are those provided by nature, simple and because simple, effective. When **Dr. Thomas' Eclectic Oil** became a factor in the pharmacopeia of the world, there were, of course, doubters as to the truth of its claims. They

seemed too good to be true. But the **great remedy** in this only experienced the fate of

every great discovery, steam, electricity, telegraphs, telephones and almost everything notable in the realm of medicine—all had to fight the natural scepticism of an enquiring, doubting world. And just as all these great discoveries have triumphed and have established themselves as eternal truths so has the marvellous curative power of **Dr. Thomas' Eclectic Oil** been proved and established to the entire satisfaction of the faculty and what is better still to the universal satisfaction of the people themselves who acknowledge it, gratefully, as one of the marvels of the age.

Dr. Thomas' Eclectic Oil has cured completely bad cases of Rheumatism, Lumbago, Lamé Back, Neuralgia, Diphtheria, Coughs and Colds, Sore Throat, Croup, Piles, Frostbites, Burns, Asthma, Catarrh, Chilblains, Corns, Toothache, Earache, Bruises, Wounds and Sprains of every description, whether on man or beast, and the **Oil** can be used inwardly or outwardly with equal success.

HEADS THE LIST—MR. R. C. BRUCE, Druggist, Tara, says:—"I have no medicine on my shelves that sells faster or gives better satisfaction than **Dr. Thomas' Eclectic Oil**, and the sale is constantly increasing, the past year being the largest I have ever had. One of my customers was cured of Catarrh by using three bottles. Another was raised out of bed, where he had been laid up for a long time with a Lamé Back, by using two bottles. I have lots of customers who would not be without it over night."

CHRONIC SORE THROAT—MR. A. V. CONRAD, Parks Creek, N.S., writes:—"I had been troubled for a long time with a sore throat, I could get no relief until I used **Dr. Thomas' Eclectic Oil**, which I am happy to say has made a complete cure. It has also cured a number of my customers who have used it, and I cheerfully recommend it as a medicine that can be relied on every time."

MR. N. McRAE, Wyebridge, says:—"It is used for colds, sore throats, croup, etc.; in fact for every affection of the throat it works like magic."

Persian Beautifier

For
Beautifying
and
Preserving the
Complexion.

to wind and cold;
removes tan and
freckles, keeps the

BEAUTY is Nature's most delightful gift, her greatest charm, whether bestowed on man or woman, or on the inanimate creation. It is a gift to be cherished and prized beyond compare. It's power for good is incalculable. It is according to the best dictates of nature, it should be admired: especially is this so in the case of **woman**. It is a woman's first duty to be **Beautiful**. The proof of this is that scarcely any woman is essentially ugly, that all women can be beautiful if they use the means. First have a good heart, a kindly, genial mind and then use nature's own resources to cultivate pleasing, beautiful features of countenance, viz.: the **Persian Beautifier**.

It protects the complexion from the ordinary results of excessive sunshine, from the exposure

skin smooth and fresh and gives a youthful healthiness otherwise unattainable. The famous beauties use it. It is positively harmless, containing nothing poisonous or injurious to the skin. Give the **Persian Beautifier** a Trial.

A LADY WRITES—"I think everyone likes boating, and nearly everyone suffers when they indulge in that enjoyment, especially if the sun is pouring forth its strongest rays. Our pretty faces are spoiled with tan and sunburn, and coming home our admirers are not quite so attentive as they were. But, many thanks to Northrop & Lyman Co., we can soon be ourselves again. The **Persian Beautifier** will remove all the tan, sunburn and freckles we received at our last boating party. It excels every other beautifier, and has a sweet cooling sensation when applied. It leaves a pretty pearly pink, and is not injurious to the skin."

NORTHROP & LYMAN CO., LIMITED,
Price 50 cents, Proprietors, Toronto.

Jokelets.

"WHAT kind of a picture would you prefer, Miss?" inquired a photographer of a young lady customer. "Well," was the reply, "take me with an expression, as if I were writing a poem on love."

A LADY about thirty years of age married a wealthy old bachelor. A female friend asked her, "But tell me. Why didn't you marry your husband ten years ago?" "Well, you see, ten years ago he was too old for me."

"AH, yes," she murmurs, "you say that you love me. But I look in your eyes and find nothing but coldness and disdain there." "No, no; you wrong me. What I say I feel—so deeply." "My darling, you don't look it." "Tell me, dearest, I will be honest; tell me that you can love a man with a glass eye?" Then she faints, and all is over.

NEVER despise a friend because he happens to have grown rich. Go to him, take him aside, tell him gently of his faults, and ask him to lend you \$10.

JOSH BILLINGS wrote, "I have known a man who was so pious that when he went fishing on Sunday he always prayed to the Lord for good luck."

PATIENT—"Brain fever, is it! Oh, docthur, it's a proud man I am to-day. The ould 'oman schwears Oi never had enough fur a cockroach!"

"Did you hear about the burglar who was arrested this morning?" "No! What for?" "For breaking into song." "Is that so?" "Yes. He'd got through two bars when some one hit him with a stove." Funeral private.

JULIA (aged six)—"We've got a new baby at our house." Clara (aged six)—"What is it—a boy or a girl?" Julia—"Oh, we don't know yet. We've only had it two days."

"ALL of you who never told a lie raise your hands," asked the teacher of her small pupils. "Please, ma'am," piped little Jimmie. "is it a lie if nobody finds it out?"

JOHN—"Is your wife clever?" Jack—"Clever enough to make me think that she knows less than I know."

Cooking Recipes.

Meats.

Fore-quarter of Lamb.—Roast whole or in separate parts. If left to be cold, chopped parsley should be sprinkled over it.

Lamb Steak.—Fry them to a beautiful brown, when served throw over them a good quantity of crumbs of fried bread and crimped parsley.

Mutton Steak.—Season and broil in buttered papers, either with crumbs or herbs.

Roiled Veal.—Bone a loin of veal and stuff it with forcemeat made of bacon, breadcrumbs and eggs, and flavored with lemon peel, sweet herbs, salt, cayenne, and pounded mace. Tie it up, keeping it the shape of a large sausage: lay some slices of fat bacon on it, and stew gently for 4 hours in well flavored stock. Let it cool, remove from the stock, and put it under heavy weights. When quite cold carve it.

Frying Steak.—Dry-frying steak or chop on a thick iron pan made nearly red-hot, is decidedly preferable to frying with grease in a thin pan, it makes meat more digestible.

To Dress Cold Fowl.—Cut a fowl into joints and skin it, beat up 1 or 2 eggs, grate in a little nutmeg, add a little sauce or good stock, some finely-chopped parsley and a few breadcrumbs. Beat this well together, dip the pieces into the mixture and fry them to a nice light brown. Prepare a little rich gravy, thicken with flour, lay the fried fowl in a dish and pour over it. It may be garnished with slices of lemon or tomatoes.

Croquettes of Fowl.—Take cold fowl, with slices of ham fat and lean, mince them together very finely, add half the weight in stale breadcrumbs grated, season with pepper, salt, mustard and nutmeg. Add 2 ozs. of butter and knead all well together till it resembles sausage meat. Make the mixture into small cakes or balls, brush them over with yolks of eggs well beaten, toss in breadcrumbs and fry in deep fat till they are of a light brown color. Drain on kitchen paper and serve hot.

Turkey Legs.—If you wish the legs of turkey to be at all eatable, draw the sinews.

Veal Pillau.—Cut your cold veal into nice, even-sized slices, dust them with pepper and salt, sprinkle a little lemon juice over them, and simmer them for 5 or 10 minutes in some good brown stock. Then take them out, thicken the liquor with some curry powder, put the

meat in the centre of a hot dish, with a border of boiled rice all round it, pour the curry sauce over all and serve uncovered.

Curried Fowl.—Cut a fowl into pieces, dip each piece separately into a mixture of flour and curry powder; put 2 ounces of butter into a frying pan, add 1 or 2 onions cut small and fry till brown. Put in the pieces of fowl, add enough boiling water to cover, and simmer slowly for 2 hours.

Entrees.

Mushrooms, to Stew.—Rub the large buttons with salt and a bit of flannel, cut out the fur, and take off the skin from the others. Sprinkle them with salt and put into a stewpan with some pepper corns, simmer slowly till done, then put a small bit of butter and flour, and 2 spoonfuls of cream, give them one boil and serve with sippets of bread.

Celery.—When serving celery let it stand in water as cold as possible till needed. Then with a sharp knife trim it. When cutting off the root end, raise all the long strings or sinews and they will peel off. Leave some of the bleached foliage on the end, it looks pretty in the dish.

Deep Frying without causing an unpleasant flavor, so that it is quite economical to put 2 or 3 lbs. of fat in a saucepan at once. It must, however, be strained before using another time.

To Keep Eggs.—Cover the bottom of a keg or box with a layer of fine salt, 2 inches deep. In this place the eggs, small end down, and far enough apart not to touch each other or the sides of the receptacle. Put on another layer of salt, then the eggs, and continue till the box is full. This is the best and simplest method of keeping eggs for those who have only a small number to pack.

Keeping Butter Firm.—Procure an earthenware flower-pot, and a tray full of cold water. Set the butter on the tray and invert the flower-pot over it. Close the hole in the bottom of the flower-pot with a cork. Dash water over the pot, repeating the process several times a day, and the butter will be as firm and cool as from an icehouse.

Beans, to Dress.—Boil tender, with a bunch of parsley, which must be chopped to serve with them. Bacon or pickled pork must be served to eat with, but not boiled with them.

Stale Bread.—Stale bread is quickly made palatable by closely covering it with a tin, and placing it for an hour in a moderately hot oven.

PARMELEE'S VEGETABLE PILLS

can appreciate the value of such pills as Parmelee's Vegetable Pills for the-e reasons. No safer pill is on the market to-day for the traveller on train or steamer, or

HAVE been found by thousands to be an inestimable cure for

Colic and Kidney Ailments, Affections of the Liver, Costiveness, Bilious Complaints, Fever and Ague, Nervous Troubles, Eruptions of the Skin, Blood Impurities and Rheumatism.

This long list only indicates a few of the ailments, common to men, for which **Parmelee's Vegetable Pills** are a most successful remedy. The common ills of life are the "little forces" whose inroads are too often disregarded until nervous trouble or a general breaking up of the constitution brings unexpected alarm. The wise mother or housekeeper is never without a supply of **Parmelee's Vegetable Pills**, to meet the small disorders that may appear any day in children or adults.

Take, for instance, the heavy feeling, the drowsiness that often follows the taking of a hearty meal. It may be caused by indifferent cooking, over-eating, or a delicate condition of the stomach. Various tonics, or digestives have been prescribed as an after-meal stimulant to digestion, but generally they have proved to be only of transient efficacy. Now-a-days few of them are heard of by name; they have been superseded by **Parmelee's Vegetable Pills** which not only operate beneficially on the digestive organs, but act on the food so as to prevent waste and produce the greatest possible nutrition from the food partaken of.

A great point in favor of **Parmelee's Vegetable Pills** is their *mildness*. No violent action, no pain, no weakness accompany their operation. In this way they are the best medicine that can be used by people who are in any way delicate or who are too busy to give up time conveniently for purposes of treatment. Yet they are thorough and no impurity in the blood, or disorder in the organs is left untouched by them.

People who have to journey away from home

for the person who has to sleep in hotels. These **pills** can be taken to produce a soothing restful sleep in berth or strange bed, producing as they do easy digestion and nervous calm. They act on the blood so as to give a natural, warm, comfortable skin action, so conducive to healthy, sound, recuperative sleep. Then follows a delightful morning, no bad taste in the mouth, no hurtful, annoying, dangerous constipation, no headache, no loss of time, of strength, or of temper. At home or abroad the most valuable medicine, the truest friend, is a box of **Parmelee's Vegetable Pills**, and the fact should not be forgotten.

ARE EXCELLENT—MRS. P. SANFORD, Madoc, writes:—"Having used **Parmelee's Vegetable Pills**, I know they are an excellent pill."

SICK HEADACHE AND CONSTIPATION—MR. W. J. HACKETT, Toronto Fire Department, writes:—"For years I suffered severely from sick headache and constipation until about six months ago, when a friend gave me some of **Parmelee's Vegetable Pills**. Since taking them I have not had an attack of my old enemy, and I think these pills are unequalled for such complaints, and I shall continue to recommend them to my friends."

FOR NERVOUS DEBILITY—MR. THOS. DALEY, Sunnidale, writes:—"I have tried **Parmelee's Vegetable Pills** for Nervous Debility and I think they are a success."

MR. E. A. CAIRNCROSS, Shakespeare, writes:—"I consider **Parmelee's Pills** an excellent remedy for Biliousness and Derangement of the Liver, having used them myself for some time."

THEY NEVER FAIL—MRS. S. M. BOUGHNER, Langton, writes:—"For about two years I was troubled with Inward Piles, but by using **Parmelee's Pills** I was completely cured, and although four years have elapsed since then they have not returned."

HOLLOWAY'S

CORN CURE



An Unfailing Remedy for Corns, Warts and Callous Excrescences.

THE higher medical science, while not neglecting any ill, however small, directs its special efforts to those diseases and troubles which are a menace to mankind in general. **Corns** are one of the most prevalent of human afflictions. They have passed into a proverb, and any real attempt made to cure a sufferer is full of interest. There are two kinds of corns, hard and soft. The hard corns seem to spring from fibrous roots the pressure upon which causes excessive pain. The soft kind grow between the toes and sometimes they are very hard to bear. Corns are generally caused from tight boots, which some wear in order to be steady and smart upon their feet, but which most people who wear them affect to be fashionable. Whatever the cause, corns prevail and remedies without number have been tried. **Holloway's Corn Cure** has an established reputation. It is unrivalled for quick and satisfactory action. A few applications are sometimes sufficient, but where the growth is stubborn a very reasonable quantity will effect a cure.

The skin is at once softened, the roots of the corns dried up and the complete removal of the corn follows. The remedy is equally successful with the soft corns. In fact, the use of **Holloway's Corn Cure** is generally so thorough and satisfactory that nothing remains to be desired.

One material advantage among many is that the application of **Holloway's Corn Cure** obviates the necessity of the chiropodist's knife with its pain, and danger from blood poisoning. Why need an operation when at hand there is a particularly effective remedy which you can apply yourself without trouble or expense. It remains only to be said that the ingredients in **Holloway's Corn Cure** are free from injurious qualities which can effect the skin or communicate noxious substances to the part of

the foot suffering from the corns.

AN UGLY WART REMOVED—MR. HOWARD MCKINNON, Whycomagh, C.B., writes:—"Holloway's Corn Cure removed an ugly wart from my face. I applied it according to the directions and am pleased to say it removed every particle of it, and without the slightest injury to my face."

PESTERED NO MORE—MRS. EMILY HOLLY, Hampstead, N.B., writes:—"I suffered for 15 years with corns. I was so bad that I have had to take my shoes off in church; I tried several supposed remedies but got no relief until I used **Holloway's Corn Cure**. To-day I am clear of the pests, and I take great pleasure in recommending this cure to others."

HE HAD 16 OF THEM—MR. JAMES BULLOCK, Campbellcroft, writes:—"I removed thirteen corns from one foot and three from the other with two bottles of **Holloway's Corn Cure**, and although two years have elapsed since, I have not had any further trouble. The operation was painless and a perfect cure."

A HAPPY MAN—MR. J. P. LATTIMORE, Cape La Ronde, N.S., writes:—"I thank you for **Holloway's Corn Cure**. It is a sure cure for corns. I was troubled for a long time with corns and I assure you it is a blessing to get rid of them."

AFTER THIRTY YEARS—MR. EDWARD ROBERTS, of the Oakville House, Oakville, writes:—"Two bottles of **Holloway's Corn Cure** has removed seven corns from my feet after thirty years of suffering. All other corn preparations failed to give relief. I can confidently recommend it as a sure cure."

MR. WM. FRANK, Peterboro', writes:—"I was troubled with a corn for thirty years. I had it operated upon by four different corn doctors, but it was only by the use of **Holloway's Corn Cure** that a cure was effected."

MR. L. NELSON, Acadia, N.S., writes:—"My hands were completely covered with warts. I tried many remedies to remove them, but could not until I used **Holloway's Corn Cure**, and in a short time I got rid of them. Some of my friends have also tried it with the same good results."

NORTHROP & LYMAN CO., LIMITED,
Price, 25 cents. Toronto, Proprietors.

DR. J. D. KELLOGG'S FOR CATARRH. COLD IN THE HEAD HEADACHE &c

CATARRH SNUFF

and careful attention, and no remedy is known to the general public that bears a better name than **Dr. Kellogg's Catarrh Snuff**. It is fragrant and agreeable, and catarrh gives way before it in an astonishing manner. The important thing in a catarrh remedy is to combine effective strength to kill the disease with ease of application and safety to the delicate organs on the surface of which the medicine operates. **Dr. Kellogg's Catarrh Snuff** is prepared specially to meet these conditions. The organs do not suffer, but are strengthened and the disease is thoroughly exterminated. Sore Eyes and Deafness have also been cured by its use.

NORTHROP & LYMAN CO., LIMITED,
Price, 25 cents. Sole Agents for Canada.

A DOCTOR gave it as his experience that a cold can be contracted by one half a minute's exposure to the cold atmosphere. Can it be wondered at that catarrh should be a prevalent disease when it is remembered that most people are thoughtless of exposure to damp and cold? The heated air of a railway carriage, or a house furnace followed by a momentary exposure is enough to give a lodgment to the germ whence springs catarrh, which is one of the most uncomfortable as well as injurious of diseases. It requires prompt

Laughlets.

MR. THOMSON—"Well, I've taken you to every place of note in the city." Mrs. Thomson—"Except to the Necropolis." Mr. Thomson—"Oh, that's a pleasure I'm holding in reserve."

EMPLOYER—"So you want a week's salary in advance? But suppose you should die tonight?" Clerk (proudly)—"Sir, I may be poor, but I am a gentleman."

A MILWAUKEE man, in a handsome, negligé hunting suit, was stalking through the bear runs at Gogebic, Mich., when he came upon a lovely young poetess who had gone out to the woods to commune with Nature. "Ah," said she, "and you are a real hunter?" "Yes'm." "And do you, as the hunters of old, wind your horn?" "Well, if you mean does I blow the froth off'n my beer, I does."

THE OLD LADY (in a railway carriage)—"I object to smoking!" The Navy—"Quite right, mum. It's a bad habit for ladies o' your time o' life."

"THE collection for the heathen last Sunday," said the minister, "was very gratifying. We got a dozen shirt-buttons. If the congregation will kindly put a few shirts in the plate this morning to go with them no more can be expected of them."

LAWYER—"When I was a boy my highest ambition was to be a pirate." Client—"You're in luck. It isn't every man who can realize the dreams of his youth."

A HIGHLAND workman called out to his mate, who was standing with his back to the wind, trying to light his pipe—"Tugal, hev ye a licht?" "Ay," replied Tugal, "I've got a licht, but it's oot."

HUSBAND—"I am surprised, Emily, that you should have such bad taste as to wear the hair of another woman on your head." Wife—"And I am surprised that you should wear the wool of another sheep on your back."

SIR GEORGE—"Look here, John! My lady complains that when you see her in the street you never salute her. What the deuce do you mean by it?" John—"Beggin' your pardin, Sir George, but in a book on ettyketty which I possess it is set down the lady ought to bow first."

"Do you consider fish healthy, doctor?" "I have never heard one complain."

Two elders were discussing their new minister. "Mon, Sandy," said one of them, "It's an awfu' peety the noo minister speaks through his nose." "Yes, mon," replied the other, "It's an awfu' peety, and it's no like as if he was pinched for room through his mouth."

Cooking Recipes.

Entrees.

Scotch Haggis.—Get the stomach bag of a sheep (cleaned), a sheep's pluck, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. oatmeal, 1 good sized onion, pepper and salt. To make it, have the pluck thoroughly washed and put into a pot with plenty of cold water. Let the windpipe hang out over the side of the pot, and put the lid loosely on. When it boils, let it boil gently for $1\frac{1}{2}$ or even 2 hours. The pluck consists of the lungs, the heart and the liver. While this is boiling toast the oatmeal in the oven or before the fire till it is quite crisp. See that it does not burn but it must be crisp. Boil the onion a little, not at all soft, but about half, and chop it up. Chop up the suet very finely and put it aside. Then take the lungs and chop them very finely, the heart and chop it up, the liver and grate the best parts. It is always best to choose a pluck with rather a small liver, and one seldom uses it quite all. It is good but has a strong flavor, so we might say just $\frac{3}{4}$ of the liver. Now put all those things in a large basin—the oatmeal, the suet, the chopped lungs and heart, the grated liver, the onion. 2 teaspoons of salt and nearly 1 of pepper. Mix all, and moisten it with one breakfast cup of the liquor the pluck was boiled in, or any other stock you have. Give it a good mixing. Now take the bag and put it on in plenty of cold water to cover it, and bring it to boiling point. Take it out and put into cold water, and you will find it has shrunk into a very small size. Cut this up into 4 or 5 pieces, which makes so many small haggis, or you can fill the whole and sew it up. The skin must be filled as full as possible and sewed up firmly. Plunge them into boiling water and boil for 3 hours. If made up into small ones half of that time is enough. The haggis keeps a long time, and when to be used should just be plunged in boiling water to boil for at least 1 hour. It may be sewed up in muslin instead of the skins if preferred.

A New Savoury.—Take a few plain biscuits, such as are good served with cheese, and then make a mixture of grated cheese (if Parmesan is obtainable that is best), a little vinegar, salt and mustard, and spread this on the top of the biscuits. Place them in a quick oven till they are well warmed through, and serve on a hot dish garnished with parsley.

Hot Milk for Coffee.—The milk should just reach boiling point, and then be drawn aside, or, better still, put the milk in a vessel and stand it in another containing boiling water. If allowed to remain on the fire it is apt to

catch. Be sure and remove the skin that will form on the top before pouring it into the hot jug, or it breaks up and spoils the look of the coffee.

Snowballs.—Swell rice in milk and strain it off, and having pared and cored apples put the rice round them, tying each up in a cloth. Put a bit of lemon peel, a clove or cinnamon in each and boil them well.

Crimp Skate.—Fry in crumbs being first dipped in egg. Send up in a napkin.

How to Freshen Figs.—Figs that have become rather dry may be freshened by putting on a plate and keeping in a steamer until moist and plump.

Cheese.

Cheese Toast.—Ingredients, some nice butter, made mustard and salt, a little cheese; toast. Mix the butter, mustard and salt, spread on toast, and sprinkle with the cheese grated. Set in oven to heat before serving.

Omelet Cheese.—Beat up 2 or 3 eggs with 1 or 2 tablespoonsful of grated cheese. Cook in the usual way, and when finished serve with grated cheese strewn over the omelet.

Catsup.

Tomato Catsup.—Wipe 1 peck of ripe tomatoes, 1 cup of salt, 1 large onion. Slice and boil for an hour. Strain through a fine colander or sieve, and return to the kettle. One dessertspoonful of curry powder, 1 dessertspoonful of black pepper, 1 teaspoonful of cayenne pepper, 1 teaspoonful of allspice, now boil 20 minutes, add mustard until of the consistency of paste. Boil a few minutes, stirring all the time. When cold, put into small jars as pickles, and seal.

Mustard Pickle.—One hundred small cucumbers, 2 quarts of small onions, 2 quarts of string beans, 2 quarts of green tomatoes, 2 heads of cauliflower. The vegetables need to stand in salt and water over night. Drain out of that water in the morning. Cover with vinegar. Boil 20 minutes. Mix 1 quart of mustard and 10 cents' worth of turmeric powder in 1 extra quart of vinegar about 10 minutes before taking off the fire.

Tomato Chowder.—Slice 1 peck of green tomatoes with large onions, sprinkle salt over each layer. Let them remain over night, next morning strain off the pickle, throw it away and put the tomatoes into a preserving pan. Cover them with vinegar, add 2 ozs. each of allspice and peppers, 1 cupful of grated horse-radish.

DR. J. D. KELLOGG'S DYSENTERY CORDIAL

from the weakness and annoyance of dysentery in a very short time. And the **Cordial** leaves no bad effects behind. The preparation is healthy and builds up and heals the organs in addition to

cleansing them and removing the irritating causes of the trouble. Try Dr. J. D. Kellogg's Dysentery Cordial this summer. All medicine dealers keep it.

GRAND AND SURE—MR. WM. MACDONALD, McDonald's Corners, N.B., writes:—"Dr. Kellogg's Dysentery Cordial is a grand and sure cure for Dysentery. I have used it and can speak from experience."

A PERMANENT CURE—MR. WM. MOIR Layton, writes:—"Last spring I had an attack of obstinate Diarrhoea lasting some weeks. I tried some of the popular remedies, but did not get relief until I used part of a bottle of Dr. Kellogg's Dysentery Cordial, which at once checked the trouble and gave a permanent cure."

THE BEST FOR CHILDREN—MR. T. D. ROBINSON, Moonstone, writes:—"Last spring my child aged one year was seized with a severe attack of Canadian Cholera. We tried several remedies but found no relief until we used Kellogg's Dysentery Cordial. It gave an immediate and permanent cure. It is just the thing for such cases. Safe and sure."

CURED IN 12 HOURS—MR. M. KNIGHT, Proprietor, and MR. GEO. VILLEUX, Clerk of the Coaticook House, Coaticook, P.Q., write:—"We were both cured of a bad attack of Diarrhoea in twelve hours by the use of Dr. J. D. Kellogg's Dysentery Cordial."

UNEQUALLED—MR. JOHN C. HALL, Bolton, Centre, P.Q., writes:—"I am subject to summer complaints, and in the past have suffered very much with it. In my hunt for a remedy I got a bottle of Dr. Kellogg's Dysentery Cordial, and I can confidently say it has no equal for summer complaints, Diarrhoea, etc. My family have used it and can also recommend it as being the best; we having used all kinds of remedies sold for the cure of such complaints."

NORTHROP & LYMAN CO., LIMITED,
Price 25 cents. Proprietors, Toronto.

SUMMER heat invariably brings the complaints incident to the season. The warm weather generates diseases which find an entrance to the human body by the water we drink, the fruits we eat and through the open pores of the skin. They take the common forms of dysentery, cholera morbus, bowel complaint, etc. In the young cholera morbus is highly dangerous and the death rate among infants is frequently excessive from this cause. Diarrhoea is troublesome and dangerous in young and old, exhausting the vital forces and reducing natural strength to a precarious minimum.

The best remedy available is undoubtedly Dr. J. D. Kellogg's Dysentery Cordial, specially designed for all kinds of summer complaint. Its beneficent properties have had proof in thousands of instances which could be cited, for people are ready to testify to a superior remedy which has brought them relief. This **Cordial** should be taken with you when you leave home for a holiday at the **Summer Resort** or at your friend's house in the country. It corrects the probable injurious effect of water, strange food, or too radical a change of air.

Dr. J. D. Kellogg's Dysentery Cordial gives relief when trouble sets in, but what is better still it is a mild preventative, and should be always on hand during the summer months. The mother upon whose shoulders the care of the family falls can have no better friend than Dr. Kellogg's Cordial, she need have but little anxiety as to scores of infantile ailments with it on her medicine shelf. If she uses it at the first appearance of trouble she will save her child from needless pain and from dangerous disease and she will save her household from needless anxiety and expense. "A stitch in time saves nine" that truism she knows; a dose of Dr. Kellogg's Dysentery Cordial in time, may save a precious life; will certainly save worry, sleepless nights and the helplessness from suffering. **The Strong Man** is saved

NORTHROP & LYMAN'S THE GREAT VEGETABLE BLOOD MEDICINE. & DISCOVERY

Lyman's Vegetable Discovery

ery acts as a mild laxative. You have not only an excellent tonic but an admirable medicine, harmless in the case of young or old, of weak or strong and effective in its purifying and purging action. It improves the appetite by rectify-

ing any stomach derangement, and toning up the digestive organs, it kills malaria, removes lassitude, repairs the tissue, soothes the nerves, and is a general restorer of health. A torpid liver, causing headache or backache, it renders active and overcomes the ailments incident thereto.

One bottle of Northrop & Lyman's Vegetable Discovery is usually sufficient to effect a cure, and no better investment can be made than one of these bottles for use when required. Beware of imitations.

SUFFERED ACUTELY—MR. ALEXANDER CAMERON, J.P., Fairley, N.B., writes:—"I had a bad attack of Indigestion brought on I think by drinking too much cold water when very warm. I had violent burning pains in my stomach from one to two hours after eating. I could get no relief until I ejected the food from my stomach. I was treated by two eminent physicians with very poor results. I suffered acutely and was reduced in flesh to almost a skeleton. Through the kindness of Mr. Thibodeau I procured a bottle of your Vegetable Discovery which after taking I improved rapidly, and now I am all right and can eat a good square meal without any bad effects after. Your medicine has done wonders for me and I cheerfully recommend it to the public."

GET LA GRIPPE OUT—MR. EDWARD YOUNG, Burlington, N.S., writes:—"Northrop & Lyman's Vegetable Discovery is in great demand here. My customers prefer it to any other medicine, especially when the system is run down from the effects of La Grippe. It stimulates them and drives away that listless feeling which follows La Grippe."

HIGHLY SPOKEN OF—MR. J. L. FLETCHER, Nashwaak, N.B., writes:—"Northrop & Lyman's Vegetable Discovery is highly spoken of by my friends who have derived great benefit from its use."

Sold by all medicine dealers at \$1 per bottle.

A PERFECT blood medicine is a great desideratum. It is one of the medicines most frequently needed by men and women of every class. Keep the blood pure and one half the disease of the universe will disappear. It was to meet the requirements of the age that **Northrop & Lyman's Vegetable Discovery** was first introduced. It has proved so effectual for its purpose that it has been a standard remedy for years and no new-fangled imitation can compete with it for public favor. It has a wide range of action like some of the best medicines known. It touches the Stomach, the Liver, Kidneys, acting upon the secretive organs, the nervous system as well as upon the blood which it purifies and enriches, and through it kills disease throughout the system, affecting the skin, the sinews, and the nerves.

Di-eases such as Scrofula, and every kind of unhealthy Humor, Female Weakness and those complaints known by the names of **Erysipelas, Canker, Salt Rheum, Pimples or Blotches on the Face, Neck or Ears, Ulcers, Fever Sores, Boils, Scald Head, Sore Eyes, Neuralgia, Rheumatism, Dyspepsia, Biliousness, Pains in the Side, Shoulders, Back or Loins, Diseases of the Liver and Kidneys, Costiveness, Piles, Headache, Dizziness, Nervousness, Faintness at the Stomach and General Weakness and Debility.** These ailments are more or less prevalent at the change of season and the **Vegetable Discovery** is therefore more in demand during the spring and summer months and at the beginning of winter than at other periods of the year, but of course it is most suitable for all times when you happen to be indisposed or ill.

A Reasonable
Spring and
Summer Medicine.

One good point is that **Northrop &**

Cooking Recipes.

Catsup.

Spiced Tomatoes.—One peck green tomatoes, slice and put in salt and water 24 hours, then drain and have ready $\frac{1}{2}$ gallon vinegar, $1\frac{1}{2}$ lbs. brown sugar. $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. allspice, 1 oz. ginger, 1 oz. cinnamon, 2 red peppers cut up. All these ingredients to be left whole and boiled till soft.

Tomato Mustard.—One peck of tomatoes, $\frac{1}{2}$ lb. of salt, 6 red peppers, boil 1 hour, and strain through a sieve, $\frac{1}{2}$ oz. of mace and $\frac{1}{2}$ oz. of cloves, 1 oz. each of other spices, and 2 onions, boil another hour. When cold add $\frac{1}{2}$ lb. of best mustard and $\frac{1}{2}$ pint of vinegar.

Red Cabbage, to stew.—Slice a small, or half a large red cabbage, wash and put it into a saucepan with pepper, salt, no water but what hangs about it, and a piece of butter. Stew till quite tender, and when going to serve add 2 or 3 spoonfuls of vinegar, and give one boil over the fire. Serve it for cold meat or for sausages.

Pies.

Crust Sweeting.—Sift a tablespoonful of pulverized sugar over the top of two-crust pies before baking, and see how delicious it makes them.

Apple Pie.—Never slice apples for making pies; quarter and core, and if an apple is large cut each quarter in two pieces.

Prune Meringue Pie.—Soak, stew and stone enough prunes to fill a pan. Sweeten well and add lemon juice to taste, and a dash of cinnamon. Line the pan with paste, fill with the prunes and bake until done. Draw the pie to the mouth of the oven, and spread over it a meringue made of the whites of 2 eggs well beaten with 1 teaspoonful of sugar. Return the pie to the oven, and let it remain until a delicate brown.

Pigeon Pie.—Cut 2 pigeons in quarters, and $1\frac{1}{2}$ lbs. rump steak into small pieces. Prepare seasoning balls by mincing very fine $\frac{1}{2}$ lb. steak mixed with very fine breadcrumbs, a little finely-chopped parsley, onion, shredded ham, and thyme, and bind all together with the beaten yolk of an egg. Make some puff-paste and line your pie-dish. Fill in pieces of meat, pigeon, balls and 2 hard-boiled eggs, cut in pieces. Add a little water or stock, cover with paste, bring 4 pigeon legs through at the centre, set first in a hot oven long enough to brown the paste, and then where the meat will slowly stew.

Potato Pie.—This is done by lining a pudding dish with mashed potatoes. Afterwards have the meat minced and nicely seasoned with pepper and salt. Place it over the potatoes and cover over the top with more mashed potatoes. Brown in front of the fire or in the oven.

Currants for Mince Pie.—When washing the currants for a mincemeat pudding, bear in mind that if left at all damp they cause heaviness, and if they are dried in a hurry before a quick fire their flavor is spoiled.

Snow Pancakes.—One-quarter lb. flour, 1 small breakfast cup milk, $1\frac{1}{2}$ tablespoonfuls clean snow. Put the flour in a bowl, and add gradually the milk and beat up well. Then mix in swiftly the snow. Have a frying pan hot, put in $\frac{1}{2}$ teaspoon lard or dripping or butter. Run it all over the pan, and put in 2 tablespoonfuls of the mixture, or as much as covers the bottom of the pan. Cook on one side, turn over on the other, and brown it. Sprinkle a little sugar over and roll up. A cut lemon may be squeezed over them.

Puddings.

Orange Pudding.—Peel, slice and seed 5 oranges, and pour over them $\frac{1}{2}$ cup sugar. Boil 1 pint of milk in double boiler, dissolve 1 tablespoonful of corn starch, $\frac{1}{2}$ cup of sugar, a pinch of salt and the yolks of 3 eggs, beat together, add to the boiling milk, stirring constantly. Pour over the oranges. When thickened whip the whites of the eggs and 2 tablespoonfuls powdered sugar and frost dish on top.

Toronto Pudding.—3 eggs, 4 apples, $\frac{1}{2}$ lb. breadcrumbs, 4 ozs of sugar, 3 ozs of currants, salt and grated nutmeg to taste, the rind of $\frac{1}{2}$ lemon. Pare, core and mince the apples into small pieces, and mix them with the other dry ingredients, beat up the eggs, moisten the mixture with these and beat it well, and put the pudding into a buttered mould, tie it down with a cloth, boil for $1\frac{1}{2}$ hours, and serve with a sweet sauce.

Orange Custard.—Beat up 2 eggs, and add to them $\frac{1}{2}$ lb. marmalade jelly—dissolved, but cool—and a breakfastcupful of milk or water. Mix quickly and lightly. Turn into a buttered pudding-dish, and bake in a slow oven till set—about 20 minutes. This custard may also be steamed. Pour into a very well buttered basin or mould, cover with buttered paper and steam gently in saucepan containing about an inch of water for about 12 minutes.

To Flavor Puddings.—Muscatel raisins will give a rich color and flavor to puddings.

NORTHROP & LYMAN'S

BEEF IRON & WINE

UNEQUALLED AS A TONIC.

NO man or woman, however superior his or her general health may be, can maintain general good health. There are seasons of the year, when, on account of pressure of business, or the changes of sanitary conditions through climatic or domestic causes, or on account of the even monotony of life the strain presses and something gives. The mind then invariably turns to a tonic, the best possible is the one which, like Northrop & Lyman's famous **Beef, Iron and Wine** combines nutrition or food with the ingredients the system lacks and the restoration of which stimulates and invigorates the frame.

Beef, Iron and Wine (Northrop & Lyman's) is a preparation which meets all the needs of the human body sought to be supplied by a

good tonic. It is agreeable to the taste, an excellent digestive, an appetizer mildly stimulative and a nutritious, sustaining food. It enriches the blood and imparts through nourishment the strength the body requires to give perfect health. **Northrop & Lyman's Beef, Iron and Wine** is peculiarly suitable for delicate women and children and for women who, earning their own living, require a bracer occasionally to keep up regular health. It has been highly appreciated by all classes and consequently imitations have been attempted, but these have been, as a matter of course, failures. It were well, however, to make sure that you get what you want, ask for **Northrop & Lyman's Beef, Iron and Wine, and Be Sure That You Get it.** It costs \$1.00 per bottle, but is cheap at the money, for it does what it professes to do which cannot be said of cheap but inferior articles.

PRICE, \$1.00 PER BOTTLE.

Jokelets.

WE used to have old-fashioned things, like hominy and greens,
We used to have just common soup, made out of pork and beans,
But now it's bouillon, consomme, and things made from a book.
And Pot au Feu and Julienne, since my daughter's learned to cook.
We used to have a piece of beef—just ordinary meat,
And pickled pig's feet, spare ribs, too, and other things to eat;
While now it's flet and ragout, and leg of mutton braised,
And macaroni au gratin, and sheep's head Hollandised.
The good old things have passed away in silent, sad retreat;
We've lots of high-falutin things, but nothing much to eat;
And while I never say a word, and always pleasant look,
You bet I've had dyspepsia since my daughter's learned to cook.

A LADY was reading to her five-year-old boy the story of a little fellow whose father died, after which the youngster set himself diligently to work to assist in supporting himself and his mother. When she had finished the story she said—"Now, Tommy, if father were to die, wouldn't you work to help mamma?" "Why ma?" said the little fellow, not relishing the idea of work, "what for? Ain't we got a good house to live in?" "Oh, yes, my child," said the mother, "but we can't eat the house, you know." "Well, ain't we got plenty of things in the pantry?" said the young hopeful. "Certainly, my child," replied the mother; "but they will not last long—what then?" "Well, ma," said the little incorrigible, "ain't there enough to last till you get another husband?"

AN Irishman asked a Scotsman one day why a railway engine, was called "she." Sandy replied—"Perhaps it's on account of the horrible noise it makes when it tries to whistle."

SUPPOSE I put on your husband's headstone the word "Asleep?" It will not be necessary. He was a policeman.

MOTHER GRAVES' WORM EXTERMINATOR

3 PLEASANT & SURE EFFECTUAL

EVERYTHING that concerns the care and health of children is of the greatest possible importance, for as the "boy is the father to the man" so the child's health often determines its future happiness. Mothers who lavish affection on their infants and whose love "passeth understanding" nevertheless sometimes neglect small ailments in their loved ones. Nothing could be more thoughtless or dangerous. As soon as the symptoms appear the remedy should be applied.

Worms in the young, is one of the most common troubles of children, and one that should be attended to without the least delay. The common symptoms are indigestion, pains in the abdomen, loss of sleep, irritability, nervousness, grinding of the teeth, headache, etc. How worms produce these conditions is by lodging in the intestines and stomach where they multiply like all parasites, and irritate the bowels and work their evils by a derangement of the intestinal organs. Some worms are said to be harmless, not able to withstand the forces of nature internally at work, but these give little or no trouble and their presence is often not known at all, but the worm that works mischief with all children where it gets a lodgment is of a different class, and ought to be expelled at once. Unless this be done serious complications are almost sure to intervene. The strength is encroached upon, which is, in other words, the child's vitality. It is difficult or impossible to maintain proper nourishment; the child not receiving sufficient sustenance from its food. Sometimes the food itself is blamed by the mother and change of food is made at some expense and with no benefit. The trained nurse or the doctor says it is a case of worm trouble and **Mother Graves' Worm Exterminator**, which ought to have been given to the child long before, and which ought to be in every household where there are children, is then prescribed. It never fails. No remedy in the market has had such a record of success and popularity and it deserves all

the praise it receives.

It was discovered by **Mrs. Graves'**, and was not long in securing a hold on the people stronger than any other such remedy. It is prepared most thoughtfully to render it easy of use and effectiveness and ease after using. It is in the form of a syrup, made agreeable to the taste so that children rather like to swallow it. Its action on the organs is painless; it does its work easily, smoothly and thoroughly. A sickly child has nothing to fear from it, for there is neither violent action, pain, nor weakening effect from its use.

So admirable a remedy ought to be widely known and you will do your neighbor a friendly turn by recommending it to her for her children. One thing has been proved by it, viz. that one half of the sufferings children so often bear need never trouble them if **Mother Graves' Worm Exterminator** be patronized as it ought to be.

WOULD NOT USE ANY OTHER—MR. HENRY BENOIT, Port Lambton, writes:—"In the year 1888 my eldest boy was very ill and we could not tell what was the matter with him. Our doctor attended him, but was unable to do anything for him. We had no hope of saving him. A friend thought it might be Worms that ailed him, and advised me to get a bottle of **Mother Graves' Worm Exterminator**. I followed his advice, and one bottle restored him to health, and in 1892 my second boy was taken sick, and was for a long time ailing until I tried the same medicine; before one bottle was used we saw a decided improvement. It expelled eleven worms from six to eight inches long. Thanking you for the benefit my family have received from the use of **Mother Graves' Worm Exterminator** and hoping that others may derive as much good from its use."

A HEALTHY CHILD NOW—MADAM HELEGE MARIAN, St. Roch L'Achigan, P.Q., writes:—"I had a child troubled with Worms. My neighbors thought she would die; tried two doctors and all known remedies without getting relief. Mrs. Joseph Laurier recommended me to try **Mother Graves' Worm Exterminator**. I got a bottle, and after the first dose noticed an improvement, and before one bottle was used my child was well, and is now strong and healthy."

NORTHROP & LYMAN CO., LIMITED,
Price, 25 cents. Toronto, Proprietors.

Cooking Recipes.

Puddings.

To Keep Plum Puddings.—If hung in a dry cool place will keep for months, and be improved for the keeping. They can be boiled again from 1 to 2 hours, according to the size.

Favorite Pudding.—Ingredients, 3 eggs, flavoring, grated rind and juice of a lemon, $\frac{1}{2}$ teaspoonful of grated nutmeg, 1 cup of grated breadcrumbs, 1 cup of finely chopped apples, 1 cup of English currants and $1\frac{1}{2}$ cups sugar. Beat the eggs very lightly, flavor, to this add the breadcrumbs and remaining ingredients. Stir thoroughly, then put in a buttered pudding dish, and boil at least $2\frac{1}{2}$ hours. Serve with any good sauce.

Lemon Pudding.—Quarter lb. flour, $\frac{1}{4}$ lb. breadcrumbs, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. sugar, 1 small lemon, 1 egg, $1\frac{1}{2}$ gill milk (sweet), $\frac{1}{2}$ teaspoonful soda. In this case the union of the soda and lemon juice generates the gas. "But what," someone might ask, "what would we do if we happened only to have buttermilk in the house?" Common sense and knowledge will at once guide you to the solution of that difficulty. Leave out the lemon juice (pure acid) and put in only lemon rind (flavoring substance). Add an extra spoonful of milk and $\frac{1}{2}$ spoonful cream of tartar (sub or mild acid).

Plum Pudding without Eggs.—Time to boil, 4 hours; 1 lb. raisins, $\frac{1}{4}$ lb. suet, 1 lb. flour, 4 ozs. breadcrumbs, 2 teaspoonfuls molasses, 1 pint of milk, nutmeg and grated ginger. Chop the suet very fine and mix it with the flour. Add the breadcrumbs, ginger and nutmeg, and the raisins (stoned), and mix it all well together with the milk and molasses. Put it into a basin, cover with a floured cloth and boil it.

Marmalade Puddings.—Puddings are made with the aid of coarse marmalade jelly. They are toothsome, economical and wholesome, and what may commend them to the busy housemother as much as anything is that they can be prepared in a very few minutes.

Jelly.

Coarse Marmalade: can be turned to account in ever so many ways, and is far superior to candied peel in steamed puddings, etc. Weigh the pulp, and allow weight for weight of sugar. If not very well boiled down, allow a tumblerful of water to each pound, and simmer for an hour before adding the sugar. Boil fast for twenty minutes longer, and pot in the usual way.

Tapioca Jelly.—Put a pint of boiling water into a double boiler, and into it stir $\frac{1}{4}$ cupful of fine tapioca, $\frac{1}{4}$ a cupful of sugar, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{4}$ a cupful of seeded raisins, and 12 blanched almonds cut in pieces. Stir occasionally, and when the tapioca becomes transparent add flavoring to the taste, and serve hot with sugar and cream.

Lemon Preserve.—Half lb. sugar, 2 ozs. butter, 3 eggs and 1 large lemon. Grate the rind of the lemon on a bright grater and squeeze out all the juice. Then put the sugar, the butter, the rind, and juice into a bright saucepan—an enamelled one is best. Break the eggs in, but do not beat them. Then stir all over the fire till it just boils—you will find it is like honey. Pour it into a jar. It will keep for any length of time.

Lemon Curd.—One pint milk, $\frac{1}{2}$ of a lemon, and sugar. Heat the milk perfectly hot without boiling. Draw it to the side and put in the juice of the half lemon. Let it stand quietly till it becomes a curd. Then sweeten a little if desired, and strain through muslin.

Toffy.

Measures.—Two ozs. of any liquid is about $\frac{1}{2}$ of a teacup; but there are so many sizes of cups, 2 ozs. is 3 ordinary tablespoonsful.

Toffy.— $1\frac{1}{2}$ lbs. sugar, 4 ozs. butter, $\frac{1}{2}$ teaspoonful cream tartar, 1 teacupful water, and $\frac{1}{2}$ teaspoonful lemon essence. Put into a small pan all the above ingredients, and let the whole boil gently about fifteen minutes. It must never be stirred. Then try a little in cold water.

Toffy Caramels.—1 lb. sugar, 1 teacupful cream, 1 oz. honey, 1 teaspoonful butter, $\frac{1}{2}$ teacupful hot water, $\frac{1}{2}$ teaspoonful vanilla essence. Put everything except the vanilla into an enamelled pan. Boil without stirring if possible. Try a little in cold water. If it is crisp take off, and pour out on a buttered tin, and when cool cut in squares.

Chocolate Caramels.—1 lb. sugar, $\frac{1}{4}$ lb. butter, 3 ozs. chocolate grated, and 1 dessert-spoonful vinegar. Put the sugar in a pan, and add as much water as dissolves it. It may be half-white and half-yellow sugar. Add the butter, chocolate, and vinegar, and boil, stirring often, till it becomes thick and hardens in water as above. Pour it out on a buttered dish, and when cool serve in squares.

Cocoanut Drops.—To 1 grated cocoanut add half its weight of sugar and the white of 1 egg, cut to a stiff froth; mix thoroughly and drop on buttered white paper or tin sheets. Bake 15 minutes.

PARMELEE'S

VEGETABLE PILLS

FOR THE
DYSPEPTICS
ILLS

FEW scenes in life excite the sympathy of men more readily and sincerely than a woman suffering the pains and penalties of ill-health. Too often has the depressing spectacle to be witnessed, and one feels how heavy the burden of life has been made for many women. Yet a sadder picture still is that of a man struggling with the ravages of disease, broken down physically, the wreck of what he ought to be—the very embodiment of wretchedness. For man is endowed with greater strength than woman, receiving a glorious heritage from his Maker, which has been entrusted to him to husband, develop and maintain. Moreover, man is the breadwinner on whose broad shoulders falls naturally the care of woman and child and to whom health is not only a priceless blessing, but a prime necessity. It were wicked in woman to allow her health to vanish, in man indifference to his health were criminal. Man may traffic in his own property; in his health, never.

Why should man or woman suffer from that all but prevalent trouble indigestion? The stomach is easily kept in order and no medicine exists to-day which is as good a corrective and cure as **Dr. Parmelee's Vegetable Pills**, for the digestive organs. They are composed of extracts from roots, herbs, dandelion and mandrake, etc., which are noted in the medical world for specific virtues. The combination of these specifics gives virtue and value to **Dr. Parmelee's Pills**. They are not merely a speedy and easy purgative, but also a medicine which purifying the blood, regulating the secretions, reviving the organs, strengthening the nerves, and giving a decidedly healthy tone to the whole system. These are virtues which can be claimed for no ordinary medicine. You get run down; your skin reveals the fact to every one who looks into your face. **Dr. Parmelee's Vegetable Pills** reach the blood and by purifying it, the dryness, the scaliness, the pimples, all the unsightliness disappears from the face and a healthy hue is restored to

the skin. What can be more unattractive than the sallow, cadaverous appearance caused by dyspepsia. The physical machine is out of gear, irritation intervenes and life is made miserable to everyone who comes in contact with the person afflicted. But an easy remedy is at hand at a moderate cost. It is **Dr. Parmelee's Vegetable Pills**. By aiding digestion the dyspeptic becomes a well man, fills out in bone and sinew and impatience and irritability, are changed to good nature and longevity. **Dr. Parmelee's Vegetable Pills**, are prepared with the utmost care, to suit use in every clime and country and can be carried about on the person wherever one travels. They are easily taken, being perfectly coated, and agreeable to the most delicate palate.

DISORDERED LIVER—MR. G. HARRIS, Bridgewater, N.S., writes:—"I am pleased to recommend **Parmelee's Pills** above all others. For the past five years I could get no relief for the pains in my side and disordered liver. I tried several kinds of Pills but found no relief until I started to take **Parmelee's Pills**.

SMALL BUT NONE BETTER—MR. SAMUEL W. TAYLOR, Rockland Station, N.B., writes:—"Having an attack of Liver Trouble and Indigestion, as I had several times in the past, I decided to try **Parmelee's Pills**, and I find them to be the best I have ever used. They give relief which has a more lasting effect than any medicine I have used, and they are easy to take, the pill and dose being small, and I believe them to be the best medicine for Liver Trouble that is to be found."

MR. JOHN A. BEAM, Waterloo, Ont., says:—"I never used any medicine that can equal **Parmelee's Pills** for Dyspepsia or Liver and Kidney Complaints. The relief experienced was wonderful."

MR. JOHN HAWES, Carlisle, writes:—"Parmelee's Pills give excellent satisfaction to my customers. One young man to whom I sold a box when very ill told me that they fixed him up and made him feel like himself again."

THE BEST PILL—MR. WM. VANDERVOORT, Sydney Crossing, Ont., writes:—"We have been using **Parmelee's Pills**, and find them by far the best pills we have ever used."

DR. THOMAS' OIL

ECLECTRIC

WORTH ITS WEIGHT IN GOLD

DR. Thomas' Eclectic Oil, like many of nature's most valuable remedies is the product of scientific discovery, and one of the most important of the age. It brings comfort and cure to man and woman, for an endless number and variety of ailments and has stood the supreme test of time and experience as a never failing remedy. It is no mere chance prescription but a tried and proved remedy in thousands upon thousands of cases, its uses are well-known, there is no mystery about it, every person on the farm, in the factory or in the home knows its value and when to use it.

Hence **Dr. Thomas' Eclectic Oil** is in great demand, and throughout the world to-day no single oil or lubricant has so grand a record of success. It is not claimed that it is a "cure-all," but it is an unfailing remedy in a great many cases. It is in common use in all countries,—in South America, the West Indies, and Australia, as well as in the continent of North America. The variety of climate in places so far removed from each other as those mentioned furnish a great variety of ills and troubles, but **Dr. Thomas' Eclectic Oil** is of such general application that it is supplied by the best druggists everywhere. The fact of its multiform efficacy is not as surprising as might at first thought seem, when it is remembered that physical troubles often are but many forms of one taint. Find a remedy which can cope with the original trouble and you find a cure for many ills. That is precisely what **Dr. Thomas' Eclectic Oil** is. It reaches the seat of the trouble and effects a sure cure. For the general health it is useful: it is a sure specific for Rheumatism, Lumbago, Coughs, Colds, Neuralgia, Diphtheria, Sore Throat, Croup, Piles, Frost Bites, Burns, Asthma, Catarrh, Chilblains, Ear and Toothache, and Bruises, Wounds, Strains and Sprains in man or beast. For all such try **Dr. Thomas' Eclectic Oil**. It will not fail you.

A BAD ACCIDENT—MR. P. P. CLARK, merchant, St. Ola, Ont., writes:—"By the upsetting

of a heavily loaded wagon of green timber I was caught between the timber and the barn, and jammed so badly that the doctors said I could not possibly live. I was unable to eat any solids for two weeks, and the lower part of my body was badly bruised and all black; to try and ease the pain I was suffering I tried several liniments I had in my store, and at last tried **Dr. Thomas' Eclectic Oil**, and to my surprise and delight that fixed me up completely. It soothed and eased my pains and removed the discoloration from my flesh. I cannot recommend it too highly, for it saved my life and made a well man of me."

FOR THROAT TROUBLE—MRS. (REV.) D. A. Rocco, Toronto, writes:—"I have pleasure in saying that I have used **Dr. Thomas' Eclectic Oil** for a throat trouble from which I suffered for many years, and I found the **Oil** a valuable remedy for it. We have also used it in our family and can recommend it as an excellent family medicine."

A FAMILY MEDICINE—MRS. THOS. BROWN, Ballantyne, writes:—"I suffered severely with a pain in my head, and after trying several liniments without relief I thought of **Dr. Thomas' Eclectic Oil**, and with three applications I was cured. I have used it for swellings, hurts, etc., and every time found it a sure cure."

FROM ENGLAND—MR. F. W. ROBERTSON, Gorton, Newark, England, writes:—"When living in Manitoba I used **Dr. Thomas' Eclectic Oil** with the best results, and since returning to England I cannot get it or anything equal to it, I therefore enclose a P.O. order for ten shillings and would ask you to forward what **Dr. Thomas' Eclectic Oil** you can for same."

ASTHMA CURED—MR. E. STEPHENSON, Glencairn, writes:—"For about seven years I suffered with Asthma. Doctors and medical treatment did not help me until a friend advised me to try **Dr. Thomas' Eclectic Oil** and I not only got relief but a complete cure."

MR. S. S. NASH, Crediton, writes:—"Frequent applications of **Dr. Thomas' Eclectic Oil**, and daily rubbing, completely removed a callous lump on the leg of a valuable horse of mine."

NORTHROP
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DR. J.D. KELLOGG'S ASTHMA REMEDY

Two Southern Majors
Write About Kellogg's
Asthma Remedy.

RUSSELLVILLE, KY., Dec. 11, 1896.

NORTHROP & LYMAN CO., TORONTO.

Dear Sirs,—“I take pleasure in sending you Major Charles W. Anderson's letter in regard to the benefit he has received from the use of your '**Kellogg's Asthma Remedy**.' He was Inspector-General upon the staff of Gen. N. Bedford Forrest, the great Cavalry leader of the South in the late war, and has been a great sufferer for many years from Asthma. In my travels over the country I always carry a box of '**Kellogg's Asthma Remedy**,' and am always glad to use it to relieve suffering, with parties who suffer from the complaint, and have never known a case it did not relieve,—I had been a great sufferer myself, and it is a pleasure to me to relieve others who suffer, and I have given away many boxes of this medicine to relieve others. I take very great pleasure in saying that this letter to you is unsolicited by you, and is a voluntary contribution by one who has been greatly benefited by '**Kellogg's**

Asthma Remedy.' I have used many remedies and this '**Kellogg's Remedy**' is the only one that has given me perfect relief.”

Yours truly,

(Signed), J. B. BRIGGS.

FLORENCE, TENN., Oct. 26, 1896.

MAJOR J. B. BRIGGS, RUSSELLVILLE, KY.

My Dear Friend and Comrade,—“The package of '**Kellogg's Asthma Remedy**' came duly to hand and I thank you ever so much for it and your kind consideration in sending it to me—I have given it a thorough trial and have never as yet met with anything that relieved me so quickly and completely. Inhaling a small amount before retiring gives me a comfortable night's sleep, and for four days past I have had no indication even of a paroxysm, and shall always have it on hand hereafter. I know the sympathy that exists between Asthma sufferers, therefore can readily and fully appreciate your kindness in sending me a remedy that I assure you has already afforded both comfort and relief.”

Very truly, your friend,

(Signed), CHAS. W. ANDERSON.

Wit.

HELPERS' MOTTO.

“SPEAK a shade more kindly
Than in the year before.
Pray a little oftener,
Love a little more;
Cling a little closer
To the Father's love,
That life below
May liker grow
To the Life above.”

WHAT is the next thing to a dude? was asked in a fashionable parlor the other night. One lady answered an ape, another an orang-outang, but when a little girl said the next thing to a dude is his undershirt the subject was suddenly dropped.

ONE OF MANY.—“You have devoted your whole life to the cause of labor, I understand. Now, just tell me of one good thing you have accomplished.” Agitator—“Well, I've made a good living.”

INQUISITIVE people sometimes find satisfaction in catechizing little boys about their names and affairs. This is how one of those curious persons recently fared. “Halloo, little boy; what is your name?” “Same as dad's,” said the boy. “What's your dad's name?” “Same as mine.” “I mean, what do they call you when they call you to breakfast?” “They don't never call me to breakfast.” “Why don't they?” “Cause I allus git there fust.”

“I AM satisfied,” said the talkative critic, “that men who are always cracking jokes about mother-in-laws never had them. If they had they wouldn't dare joke about them.”

Cooking Recipes.

Cakes.

Quick Sally Lunn.—One cup sugar, $\frac{1}{2}$ cup of butter, stir well together and then add 1 or 2 eggs, put in 1 good pint of sweet milk, add sufficient flour to make a batter about as stiff as a cake, put in 3 teaspoons of baking powder, bake and eat hot with butter for tea or breakfast.

Almond Cheese Cakes.—Blanch and pound 4 ozs. of sweet almonds, and a few bitter with a spoonful of water, then add 4 ozs. of sugar pounded, a spoonful of cream and the whites of 2 eggs well beaten. Mix all as quick as possible. Put into very small patty pans and bake in a pretty warm oven under 20 minutes.

Tippling Cake.—Put a sponge cake into a deep china or glass dish, pour round it some white wine or home made wine. Let the cake soak up the wine and then strew sifted sugar over it, and pour in the dish a rich, thick custard, according to your fancy,

Breakfast Cakes.—Soak $\frac{1}{2}$ cup each of oatmeal flakes and stale breadcrumbs in 1 pint of sour milk. Add 1 teaspoonful of soda, 1 of sugar, and $\frac{1}{2}$ teaspoonful salt, a beaten egg and flour to make a batter that will dip nicely onto the griddle.

Molasses Cake.—One cup each of sugar and molasses and $\frac{1}{2}$ cup of butter warmed together. Dissolve $\frac{1}{2}$ cup of strong coffee and add to the mixture, together with 2 beaten eggs and 2 cups sifted flour. Eat while fresh.

Shrewsbury Cake.—Cream together $\frac{1}{2}$ lb. each of butter and castor sugar, then work in $\frac{1}{2}$ lb. of fine sifted flour, moistening it with 1 whole egg, roll it out very thin, cut or stamp it out in lozenges, rounds, etc., ornament each with 2 or 3 caraway comfits or finely shredded candied peel, and bake in a moderate oven.

Good Sponge Cake.—Beat 3 eggs for twenty minutes, then add a cupful of castor sugar; beat another twenty minutes, add a cupful of flour; beat again twenty minutes, and bake in a hot oven over twenty minutes without opening the oven door.

Buttermilk for Cakes.—Substitute new buttermilk for sweet milk. The cake will be lighter and in every way improved.

Delicate Cake.—Two teacupful of sugar, half a teacupful of butter, $2\frac{1}{2}$ teacupful of flour, 1 teacupful of milk, whites of 5 eggs, 2 teaspoonful of baking powder; take 2 large spoonful of the white dough, half a cupful of raisins, $\frac{1}{2}$ of a cupful of citron, 1 teaspoonful of each kind of spice, half a cupful of flour, a

wineglassful of molasses. Bake in layers with the black cake for the centre, and put together with plain frosting.

Good Cup Cake.—One cupful of butter 2 cupful of sugar, 3 cupful of flour, 1 cupful of raisins, 1 cupful of milk, 4 eggs, a little salt and spice to taste. Beat the yolks and whites separately, mix the butter and sugar to a cream, add the well beaten yolks, then the whites; stir the powder into the dry flour. Bake in a moderate oven.

Strawberry Short-Cake.—Mix 2 heaping, teaspoonful of cream of tartar dry among 3 pints of flour, add half a teacupful of butter, a little salt, a pint of milk into which has been stirred a teaspoonful of soda. Mix thoroughly, roll an inch in thickness. Bake twenty minutes in a quick oven. One quart of strawberries, add cream and sugar to make sauce. When the cake is done divide it into three layers, butter them, and spread the strawberries between them. Eat while warm.

Cocoa-Nut Cake.—Whites of 5 eggs, $1\frac{1}{2}$ cupful of sugar, 1 cupful of milk, 1 cupful of butter, 4 teaspoonful of baking powder; sugar and butter to be stirred to a cream, whites of eggs in last. Flour enough for thin batter; for layers, whites of three eggs, powdered sugar as thick as for icing, then spread on the cocoa-nut.

M'Ginnis Cake.—One small cupful of butter, 1 cupful of white sugar, 4 eggs, $\frac{1}{2}$ a cupful of cold water, 2 cupful of flour, 2 good teaspoonful of baking powder, 1 teaspoonful of essence of ginger.

Potato Cakes.—Take cold mashed potatoes, and form into flat cakes, flour, and fry in lard or dripping until they are golden brown.

Remedy for Scorching.—When you suspect that your cooking has been scorched because you have neglected it for just one moment too long, lift the saucepan quickly from the fire and stand it in a pan of water for a few minutes. In almost every case the scorched taste will entirely disappear.

Frosting.

Chocolate Frosting.—Melt 2 squares of chocolate, add 1 level teaspoonful of butter and 3 tablespoonful of hot water. Cool slightly and add confectioner's or powdered sugar until of the right consistency to spread. Flavor with vanilla.

Boiled Frosting.—Make a boiled frosting. Cook 2 cups of sugar with 6 tablespoons of water until it threads. Pour gradually over the stiffly beaten whites of 2 eggs; flavor with vanilla.

PARMELEE'S VEGETABLE PILLS.

Parmelee's New Vegetable Pills

| | | | | |
|--------|-------------|------------|--------------|----------------------|
| Remove | Stomach | Liver | Kidneys | Safe Mild Sure |
| | Indigestion | Impurities | Inflammation | |

WE do not claim that there would be no more sickness if every person in the world used **Parmelee's Vegetable Pills**. Doctors claim, however, that were proper attention paid to the rules of health, by every one, sickness would be reduced to a mere fraction of what it now is. We repeat that the last word spoken in the name of modern science thus far is: that the simple ills, and the simple remedies are the beginning and end of perfect health. **Parmelee's Vegetable Pills** fulfill the condition here laid down by medical men better than any other medicine. The inference is plain: If **Parmelee's Vegetable Pills** were taken by every one who feels out of sorts, serious illness would be prevented and doctor's bills would be practically unknown or would be mainly for surgical services. It is a fact beyond the pale of denial that these pills are in very great demand; it is safe to say they are unequalled in popular use and in popular estimation, but there are quite a number of estimable people who do not pause to think of attending to their light indispositions and consequently are caught by the sleepless scourge of fell disease. The reader can understand one's great desire to impress upon him or her the value of this remarkable medicine. When you have an exceptionally good article—especially a never-failing cure, you earnestly wish to proclaim its virtues and efficacy so that it may be a blessing to as large a number of people as possible. They are **Anti-bilious, a specific for the cure of Liver and Kidney Complaints, Dyspepsia, Costiveness, Headache, Piles; and will purify the blood,**

Regulate the Secretions, and Remove all Bilious Matter.

AN EXCELLENT PILL—MR. CORNELIUS REMPLE, Altona, Man., writes:—"I have tried **Parmelee's Pills** and find them an excellent medicine."

SUFFERED GREATLY—MRS. FRANK LOYST, Deseronto, writes:—"I cannot speak too highly of the great benefit **Parmelee's Vegetable Pills** have been to me. I was confined to my bed and suffered greatly with my head and stomach, but seeing what they had done for others I got a box.

MR. W. H. MOORE, South Farmington, N.S., writes:—"Enclosed find \$1 for which send me **Parmelee's Pills**. The five boxes I got from you last were of great benefit. I showed them to an M.D., and he said they were as good as anything I could get, which gives me confidence in them."

NONE BETTER—MR. CLAUDE REAUME, Stoney Point, writes:—"I have tried **Parmelee's Pills** and they are the best Pill I ever used."

TAKING THE LEAD—MR. F. W. ASHDOWN, Ashdown, Ont., writes:—"Parmelee's Pills are taking the lead against ten other makes which I have in stock."

MR. D. ROLF, Alfont, Madison Co., Ind., writes:—"I purchased some of **Parmelee's New Vegetable Pills** of your agent at Mantua Station, Portage Co., Ohio, and have not found their equal for cleansing the liver."

MR. M. McBEAN, Glen Bean, writes:—"Parmelee's Pills have done me more good than any medicine I have ever taken."

DARLEY'S CONDITION POWDERS.

AND ARABIAN HEAVE REMEDY

A PERFECT cure for horse diseases is one of the greatest boons that can be given to the farmer. Many such are offered, but few of them are genuine. Indeed, for certain diseases, the only remedy which has stood the test and which has never been found wanting, if properly applied, is **Darley's Condition Powders**. Valuable horses have been saved, by the thousand, by it, and their owner's saved from financial ruin or distress. It is all powerful in cases of:—

Colds, Coughs, Heaves, Thick and Broken Wind, Inflammation of the Lungs, and in short in all Diseases which effect the Horse.

It corrects disorders of the stomach and bowels, acting as a mild purgative; it purifies and regulates the circulation of the blood, bringing health to the animal, and sleek glossiness to its skin. The respiratory organs are toned up and made to act freely and well, the system is invigorated and a firm, strong action of the muscles follows. It is an incomparable as a horse medicine.

It is also an **unqualified Condition Medicine** for live stock generally, cattle, sheep, pigs, poultry, etc., and is used in cases of Bots, Yellow Water, Purging, Surfeit, Mange, Colic, Colds, Coughs, Hide-bound, Loss of Appetite, and all Derangement of the Kidneys and Digestive Organs.

A WELL KNOWN HORSEMAN SPEAKS—
"MR. RICHARD ST. PIERRE, Somerset, P.Q., writes:—"I use **Darley's Condition Powders** continually in my stable. I find them the best, and would not give my horses any other kind."

Wit.

WIGGINS—"Mornin' parson. Will 'ee 'ave a glass of cider?" Parson—"No, thank you, Wiggins; I'm not thirsty." Wiggins—"Beg you pardon, I thought you might be. Doctor says you was terrible dry this mornin'."

HE who dines on vanity must sup on contempt.

BE content with your lot, more especially if it's a lot of money.

IT has been estimated that the time thrown away in this world in courting the girl you want to marry and who is ready to marry you, would build all the railroads and bridges and tunnels and factories and public buildings.

A SPORTSMAN in the Highlands having remarked to his attendant that it was a very wet season, Sandy replied—"Ay, true enough, only five dry days this month, and they've maistly been nipped up by the Sawbaths."

WHY is the letter "o" like the equator?—Because it is a circle dividing the "gl-o-be" into two equal parts.

JIM FISK is said to have made this reply when asked to contribute towards building a fence around a cemetery—"Not a cent; there is no use in a fence; those who are in can't get out, and those who are out don't want to get in."

TRAMP—"Why, this cheese you've given me is all alive, mum." Housekeeper—"Well, some people consider that a luxury. It won't hurt you. Eat it." Tramp—"Oh no, mum, I ain't going to eat such a rare thing as a luxury. I'll let it trot along o' me ter keep me company. I'm verry lonely at times, mum."

OPTIMIST—"Well, old man, did you enjoy Europe?" Pessimist—"No; I wasn't disappointed in half as many things as I expected to be disappointed in."

A GOOD girl, like a good watch, is known by her works. Either of them may be really good without having a pretty face.

O'HOOLAHAN—"Who'd think that we would be hovin underground throlley car lines! This is a great wor-ld we're livin' in!" O'Callahan—"It is thot. Faith, Oi wouldn't be surprised if we lived long enough t' see underground illi-vated railroads."

DR THOMAS' ECLECTRIC OIL

WORTH ITS WEIGHT IN GOLD

Cases in Point.

Example Better Than Precept.

How Dr. Thomas' Eclectic Oil Works Wonders.

DR. Thomas' Eclectic Oil is remarkable for its absolute safety; no danger whatever exists as to its use. Outward application is safe. It works through the pores, opening them and relieving pain by removing its cause. It penetrates stiff or swollen joints, relaxes, soothes and heals. It acts upon the ligaments in cases of rheumatism or other troubles and gives quick relief. It removes burning pains, heals bruises and wounds and works like a charm in coughs and colds; and has given the best conceivable results when taken internally which it is perfectly safe to do.

It is Good for Man and Beast—Not only is Dr. Thomas' Eclectic Oil of incomparable value in the household, but the farmer and stockman will find it very serviceable in the farm yard and on the cattle range, often saving the services of a veterinary surgeon. In injuries to stock and in cases of cough and pains it can be used with good effect. Read the following.

WORTH KNOWING—MR. JAS. SHANNON, Leaskdale, writes:—"I suppose it would be of interest to you to know of two wonderful cures effected on horses by **Dr. Thomas' Eclectic Oil**. A customer of mine had a valuable colt about a week old, which got cold and was unable to get on its feet. I advised him to give it a thorough rubbing with **Dr. Thomas' Eclectic Oil**, which he did, and to his surprise the stiffness was removed, and a cure followed. The second astonishing cure was on a fine colt which had been operated on, followed by great swelling. The farriers said he would die, and they could not save him. 'Then, if he is going to die,' said the owner, 'I will get a

advertiser **Dr. Thomas' Eclectic Oil**, and make our sales so much larger than any other medicine."

THE BEST FOR HORSES—MR. JAMES BROWN, Superintendent of Fishing Grounds, Hammond, N.B., says:—"I have used **Dr. Thomas' Eclectic Oil** for some years and find it the best horse remedy, particularly for scratches, that is in the market. I have never known it to fail me."

MR. P. M. MASKELL, West Jeddore, N.S., writes:—"I wish to inform you of the wonderful qualities of **Dr. Thomas' Eclectic Oil**. I had a horse so lame that he could scarcely walk; the trouble was in the knee, and two or three applications completely cured him."

MR. R. E. TUFFORD, Bookton, writes:—"Two years ago my horse took a very severe cold, which settled on his lungs, and was so bad that we thought he would die. My wife, who has great faith in **Dr. Thomas' Eclectic Oil**, induced me to try it on the horse. I gave the **Oil** according to directions, and from the start we saw it was doing good, and we continued the treatment until he was thoroughly cured, and now shows no ill effects from the disease."

EQUALLY GOOD FOR HORSES—MR. J. N. HOLLAND, Bolton Centre, P.Q., writes:—"One of my colts, only four months old, had the misfortune to jump on a manure fork, when two of the prongs penetrated the front leg just above the fetlock joint, and ran under the skin right up to the knee. I thought then I had lost my colt, and did not think anything could save him; but as I had never used **Dr. Thomas' Eclectic Oil** on horses, I thought I would try it. I now have great pleasure in telling you that although I have used a good many medicines, I never found anything like **Dr. Thomas' Eclectic Oil**. It cured my colt and did not leave any blemish, while the way it removed the inflammation was wonderful."

Wit.

"I TELL you, Fann—I am bound to succeed. I have the aptitude. It is close attention to little things which makes a man succeed. 'Ah, indeed! Well, that explains it.' "Explains what, Fanny?" "Why you pay so much attention to your moustache."

"SEE here, waiter, I can't chew this steak." "I am not, exactly surprised to hear it, sir." "What do you mean by that?" "I mean that you are the fifth gentleman who has said the same thing about it."

MOSES SCHAUMBURG was romping with his youngest offspring the other day. In order to test the child's affection, he asked—"Sshacob, vich does you love most, me or your mudder?" "I loves you most by twenty-five per shent."

HE—"Well here's good news at last. Tom's letter says that after years of quarrelling he and Martha have stopped all discord and come to a perfect understanding. She—"I'm so glad." He—"Yes, I guess Tom is; they've separated."

THE cabman is about the only one who can drive away his customers and still keep them.

"I AM just thinking how I can encourage my boy to cut out a name for himself." "Give him a sharp knife and a school desk."

LANDLADY—"My lodgers are all so witty."

MR. Firstfloor—"Ah, there is nothing like hunger to sharpen the wits!"

DURING the deluge, Noah was in the habit of calling his wife an ark angel.

THE rage now in Paris is to be married at midnight. This is a wise move. It accustoms the bride to waiting up until "the wee sma' hours" for her husband's return.

"I HEAR your husband is a golf enthusiast, Bridget." "Sure, he is, ma'am." "Has he done any good work on the links lately?" "Shure he has. He has cut the grass to-day."

"ARE you guilty or not guilty?" asked the Court Clerk of a prisoner charged with some trivial offences. "Phwat are yez there for but to foind out?" was the quick rejoinder.

BERT—"Are you sure I am the only man you ever really and truly loved?" Maud—"Perfectly sure. I went over the whole list only yesterday."

"Now, you young scamp," said Binks, senior, as he took hold of his youngest to give him a "dressing." "I'll teach you what is what!" "No, papa," replied the incorrigible, "you teach me which is switch."

Coloring Recipes.

Scarlet (very superior).—Three ozs. cochineal, 3 ozs. cream tartar and 4 ozs. solution of tin. Powder the cochineal and rub through a bag into blood-warm water sufficient to cover the yarn. When it is a little warm put in the cream tartar and simmer, then add your solution of tin. Your yarn must be wet with clean water. Steep it in the dye till the yarn is properly dyed. Dry your yarn before you wash it. This will color 3 lbs.

Wine Color.—One lb. wool, $\frac{1}{2}$ lb. red powder, 1 oz. madder compound. Soak the powdered wool in warm water all night, mix the madder compound with about $\frac{1}{2}$ pt. of water (in a glass), and add it to the rest; rinse the wool in warm water and put it in the dye; boil about half an hour; take out the wool and rinse it in cold water. A color almost as fine may be had by using $\frac{1}{2}$ lb. alum, and boiling in the same way.

Green.—For 5 lbs. goods use 5 lbs. fustic and 13 ozs. alum. Soak in water until the strength is extracted, put in the goods until of a good yellow color; remove the chips and add extract of indigo in small quantities at a time until the color is satisfactory.

Pink.—For every 3 lbs. yarn or cloth take $\frac{3}{4}$ qts. water, or enough to cover the article you wish to color, 2 oz. cochineal, and $\frac{1}{2}$ oz. cream tartar. Steep the cochineal in warm water two hours, or until the strength is entirely extracted, and add the cream tartar; then wet the cloth in clear water; wring it out and put it in the dye; bring it to a scalding heat, let it remain in a few moments, and it will be finished.

Yellow.—One lb. of wool or cloth, $\frac{1}{2}$ lb. fustic, $\frac{1}{2}$ lb. alum. Put all in an earthen vessel, and pour on sufficient hot water to cover the wool and keep it warm all night, give it half an hour's boil in a brass kettle, and then rinse in cold water. A much deeper and richer yellow may be had by using turmeric powder instead of fustic, and proceeding in the same manner.

Cheap Brown for Wool and Cotton.—For 10 lbs. goods, $\frac{1}{2}$ lb. japonica, 1 oz. blue vitriol, 2 ozs. bichromate of potash. Put the japonica into 4 gallons of soft water, boil until dissolved, add the blue vitriol, and stir well; put in the goods and keep at boiling point for two hours; wring out and put into the solution made with the potash, let it remain for half an hour, then wash in soap suds.

Lilac (for silk).—For 1 lb. silk use $\frac{1}{4}$ lbs. archill. Mix it well with the liquor, make it boil quarter of an hour, dip the silk quickly, then let it cool, wash in soft or river water.

Coloring Recipes.

Black on Wool, Silk or Cotton.—For 1 lb. of cloth it will require 1 oz. extract of logwood and $\frac{1}{2}$ oz. blue vitriol. Prepare an iron kettle with a sufficient quantity of water to admit the yarn or cloth to be worked in the dye without being crowded; bring the water to a scalding heat, then put in the yarn or cloth for a few minutes; when it is thoroughly wet take it out and drain it: in the next place add the blue vitriol, and when dissolved and the water skimmed carefully, put in the material to be colored, and let it remain $\frac{1}{2}$ hour at a scalding heat, airing it occasionally, then take it out and rinse it in soft water. The vitriol water may be emptied into a separate vessel, and the extract of logwood dissolved in a sufficient quantity of water, brought to a scalding heat, and skimmed; put in the cloth, keeping the dye in the same temperature, and let it remain $\frac{1}{2}$ hour, airing it frequently, then take it out and drain it; add the vitriol water to the dye and put it in again, let it remain 15 minutes, airing as before. Clean it well. For cotton add a little common glue.

Madder Red.—Take 1 lb. madder for every 2 lbs. yarn or cloth. Soak the madder in a brass or copper kettle one night in warm water enough to cover the yarn you wish to color. Next morning put in 2 ozs. madder compound for every lb. madder which you have soaked, then wet your yarn or cloth in clean water, and wring it out in clear water, afterwards put in the dye; now place the kettle over the fire and bring it slowly to a scalding heat, which will take about $\frac{1}{2}$ hour. Keep it at this heat $\frac{1}{2}$ hour if a light red is wanted, and longer if a dark one, the color depending upon the time it remains in the dye. When the color is made rinse the cloth immediately in cold water, it will then be finished.

Purple.—For 10 lbs. of goods use $\frac{3}{4}$ lb. alum, 1 teacup muriate of tin, $\frac{1}{2}$ lb. pulverized cochineal, $\frac{1}{4}$ lb. cream of tartar. Boil the alum, tin and cream of tartar 20 minutes, add the cochineal and boil 5 minutes, immerse the goods 2 hours, remove and enter them in a new dye composed of $\frac{3}{4}$ lb. Brazilwood, $1\frac{1}{2}$ lbs. logwood, 1 lb. alum, 2 cupfuls muriate of tin, adding a little extract of indigo.

Orange.—For 10 lbs. goods use $\frac{1}{2}$ lb. sugar of lead, boil 15 minutes, when a little cool enter the goods and dip for 2 hours, wring out, make a fresh dye with 1 lb. bichromate of potash, $\frac{1}{4}$ lb. madder, immerse until the desired shade. The shade may be varied by dipping in lime water.

Pink (on cotton).—For 5 lbs. take 2 lbs. nicotwood and 4 ozs. solution of tin. Put the cotton in and let it remain till the shade suits.

Light Silver Drab.—For 5 lbs. goods use $1\frac{1}{2}$ ozs. logwood, $1\frac{1}{2}$ ozs. alum. Boil well, enter the goods and dip for 1 hour. Grade the color to any desired shade by using equal parts of logwood and alum.

Blue.—A splendid blue may be produced in an hour by the following process:—For 1 lb. wool or cloth take $2\frac{1}{2}$ ozs. alum and $1\frac{1}{2}$ ozs. cream tartar. Boil these together in a brass or copper kettle for about an hour; now take sufficient warm water to cover the cloth or wool, and color it to the shade you wish with the liquid blue; put the whole into a copper pot and boil it a short time, taking care to keep it stirred; remove the cloth, rinse in clear cold water and hang it up to dry.

Blue (on cotton).—For 1 lb. take 2 ozs. copperas, dissolve in sufficient boiling water, put the cotton in and let it soak 1 hour. Dissolve $\frac{1}{2}$ oz. prussiate potash in same quantity of fresh boiling water, and add $\frac{1}{2}$ oz. sulphuric acid (by weight), then dip the cotton alternately from one to the other 3 times, or until the desired change is obtained, and rinse well with cold water.

Salmon.—Take 1 lb. wool, $\frac{1}{2}$ lb. annato, and $\frac{1}{4}$ lb. soap. Take water sufficient to cover the wool, in which dissolve the annato and soap, rinse the wool in clean water, put it into the annato mixture and boil about $\frac{1}{2}$ hour. The shade may be made lighter or deeper, according to the quantity of annato used.

Orange (on cotton).—For 1 lb. take 2 ozs. sugar of lead and $1\frac{1}{2}$ ozs. bichromate of potash. Dissolve each separately in just enough boiling water to cover the cotton, and dip it alternately from one to the other 3 times, or until the desired shade is obtained.

Green (on cotton).—Dip the cotton colored blue into the orange dye.

Crimson.—Use 1 lb. lac dye, together with 2 ozs. madder compound to every 2 lbs. cloth or yarn. Soak the lac dye over night in a brass or copper kettle, then add the compound and stir, then the cloth, and bring your dye slowly to a scalding heat, then vary the time as you wish the color. If dark, let it remain some hours, if not, 1 hour; then rinse in soft water without soap.

Dove and Slate Colors of all shades are made by boiling in an iron vessel a teacup of black tea with a teaspoon of copperas and sufficient water. Dilute this until you get the shade wanted.

Cooking Recipes.

Salads.

Salad Mixture.—One raw egg, 1 saltspoonful of salt, heat until thoroughly smooth, then incorporate 1 teaspoonful of thick mustard; when these are quite smooth add by degrees 1, 2 or 3 tablespoonsful of good salad oil, blend each portion with the egg before adding more. This ought to make any quantity up to a teacupful as thick and smooth as honey. With vinegar make of the thickness of thick cream. A little anchovy may be added. This is the smoothest and nicest mixture, while the oily flavor is lost.

Chicken Salad.—Two large fowls (boiled), and 2 heads of celery chopped fine, the yolks of 9 hard-boiled eggs, $\frac{1}{2}$ pint of melted butter, $\frac{1}{2}$ pint of vinegar, 1 gill of mixed mustard, 1 teaspoonful of cayenne pepper, and 1 of salt. Mix chicken and celery together, mash eggs to paste when warm, then mix with the other ingredients, pour it over the chicken and celery and thoroughly mix.

Lobster Salad.—Make a salad, put some of the red part of the lobster to it then cut. Do not put much oil, as shellfish absorbs the sharpness of the vinegar. Serve in a dish, not a bowl.

Sauces.

Substitute for Caper Sauce.—Boil slowly some parsley to let it become a bad color, cut, but do not chop it fine, put it into melted butter, with a teaspoonful of salt, and a dessertspoonful of vinegar. Boil up and serve.

Egg Sauce.—Boil the eggs hard, then cut them into small pieces, then put them into melted butter.

Bread and Biscuits.

Plain Gingerbread.—One lb. flour, 2 ozs. soft sugar, 2 ozs. butter, 2 tablespoonsful of treacle, 2 eggs, 2 gills buttermilk, teaspoonful ginger, teaspoonful spice, $\frac{1}{2}$ teaspoonful carbonate soda. Notice that the union of the soda (alkali) with the acid in the treacle and milk generates the gas to raise this cake.

Graham Bread.—Make a sponge by boiling 4 good-sized potatoes; when soft mash fine, then stir in a cupful of flour, pour on the water in which the potatoes were boiled scalding hot, and if not sufficient to make 3 pints of the mixture add cold water. When the milk is warm put in a teacupful of soft yeast and set in a moderately warm place to rise. After it becomes light, put in a teacupful of good brown sugar (white is not good), and stir in Graham

flour until thick enough to drop heavily into the greased baking pans. Let it rise again and bake in a moderately hot oven 40 minutes. This quantity will make 2 large loaves, and when taken from the oven should be allowed to stand 5 minutes before removal from the pans. Sheet-iron bread-pans are much to be preferred to tin for any bread, but especially for Graham, baking more slowly and much more evenly. If the sponge seems at all sour add a little soda.

Oatmeal Biscuits.—Four ozs. flour, $\frac{1}{2}$ lb. oatmeal, 4 oz. lard or dripping, 1 oz. sugar, 1 egg, $\frac{1}{2}$ teaspoon carbonate of soda. Put all the dry things in a basin and mix them. Beat the egg up with a very little water. Melt the lard and stir it among the dry things, and then mix the egg.

English Biscuits.—Take 3 lbs. of flour, sift it well, 6 teaspoonsful of baking powder, a little salt, 2 cupsful of butter (well rubbed in), or lard and butter mixed, 2 cupsful of currants, $\frac{1}{2}$ cupful of caraway seeds. Cut 1 lemon peel in thin slices and mix 1 cupful of sugar. Mix all together with milk into a smooth dough (not stiff), roll out once or twice of the thickness of an inch, cut out with a round cutter and bake in bread pans, in a moderately hot oven. They are very nice for luncheon, tea or breakfast, hot or cold.

Hard Biscuits.—Warm 2 ozs. of butter in as much skimmed milk as will make a pound of flour into a very stiff paste, beat it with the rolling pin and work it very smooth; roll it thin and cut it into hard biscuits, prick them full of holes with a fork; about 10 minutes will bake them.

French Rolls.—Rub an ounce of butter into a pound of flour, mix an egg beaten, a little yeast, as much butter and as much milk as will make a dough of middling stiffness, beat well but do not knead; let it rise and bake on tins.

Griddle Scones.—One lb. of flour, 1 small teaspoonful of soda, $1\frac{1}{2}$ teaspoonful cream of tartar, 1 teaspoonful of sugar, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ pint buttermilk, and 1 dessertspoonful butter (this last is optional). Notice the excess of acid in this recipe, and also notice that these scones can be used a few hours after baking.

Rice Muffins.—Two cups of cold boiled rice, 1 pint of flour, 1 teaspoon of salt, 1 tablespoon of sugar, 2 teaspoons of baking powder, $\frac{1}{2}$ pint of milk, 3 eggs. Mix into a smooth and rather firm batter, and bake in muffin rings.

Eggs on Shredded Biscuit.—Cut the biscuit open, moisten with milk or water, place small bits of butter on top, put in buttered pans in oven about 3 minutes. Poach eggs and serve on biscuits.

NORTHROP & LYMAN'S

QUININE & WINE

The Best Tonic
and
Appetizer Known.

WHEN a restorative or tonic, such as **Northrop & Lyman's Quinine Wine**, reaches a popularity and renown unknown in the case of any other similar tonic, it is but natural that a desire should be manifested by the public to know what it is composed of. There is nothing to conceal so far as the ingredients are concerned for they are among the most beneficial of medicinal substances. **Northrop & Lyman's Quinine Wine** is composed of pure Sulphate of Quinine, finely matured, expensive sherry wine, and choice aromatics which contain natures nectar and healing balm. It is in the composition of these ingredients the secret lies. It is one thing to collect nature's choice products; money can do that; the skill wherewith they are recast into a life-giving fluid is beyond the wealth of the millionaire, and is priceless. Genius, patient research, and a fervent love for man's welfare are laid under tribute and occasionally from the laboratory emerges a medicinal preparation, the harbinger of happiness and blessing to man.

Northrop & Lyman's Quinine Wine is the result of the constant, laborious efforts of years, hence its excellent qualities can be urged, and its use recommended whenever the system requires a tonic. Its uses are too many to detail.

In cases of FEVER and AGUE, use **Northrop & Lyman's Quinine Wine**.

In cases of DYSPEPSIA, NERVOUS AFFECTIONS, FUNCTIONAL DERANGEMENT OF THE STOMACH, use **Northrop & Lyman's Quinine Wine**.

If you are recovering from illness and require a mild, helpful tonic to bring back your strength, as you do, no tonic can be obtained equal to **Northrop & Lyman's Quinine Wine**. Remember it contains the finest sherry wine, but so blended with quinine and aromatics that only the nourishment in the ingredients remain in the tonic. There is nothing

injurious to children or to delicate subjects. It is a nerve soother, an appetizer of unparalleled excellence, and the best general tonic on the market.

Delicate women and children will find **Northrop & Lyman's Quinine Wine** of especial benefit, and business men and others who are subjected to much mental exertion have in this tonic an invigorator the operation of which will be found in every way satisfactory.

A SUPERIOR TONIC—MR. JAS. B. RUSS, Summerside, P.E.I., writes:—"Northrop & Lyman's Quinine Wine is superior to any I have ever taken. I have used it in my family and take pleasure in recommending it to any one with a weak constitution or suffering from weakness of any sort. As a tonic it cannot be beaten."


A PERFECT BUILDER—MR. W. MCCLAY, Knowlton, P.Q., writes:—"Having been ill for a long time and my system completely run down so that I scarcely felt able to work, I was induced to try **Northrop & Lyman's Quinine Wine** for a tonic and builder up of the system, and I found it to work like magic. It gave me an appetite, and in a remarkably short time restored me to health and strength. I think it the best tonic in the market and wouldn't use any other."

MRS. W. R. TULLY, McKellar, Ont., writes:—"For the past two or three years I have been troubled with weakness and loss of appetite, and being recommended by a friend to try **Northrop & Lyman's Quinine Wine**, I procured two bottles, and it gives me the utmost pleasure to say that it has done me more good than what is claimed for it. I do, without hesitation, recommend it to all who are sufferers from like complaints."

MESSRS. T. ELLIOTT & CO., Cookstown, writes:—"We are sold out of your **Quinine Wine**. It is very highly spoken of by our customers who have used it," etc.

PRICE \$1.00 PER BOTTLE.

DR. KELLOGG'S J. D. KELLOGG'S EYE WATER



HOW simple and easy it is to do a thing when one knows how. In the same way what may prove of permanent injury to the eye, may be simply cured if the proper remedy be applied in time. **Dr. J. D. Kellogg's Eye Water**, is one of the best preparations to have ready at hand for eye treatment. If a speck of dust, a grain of sand or an atom

from the file gets into the eye, there is not only pain through inflammation, but often there is difficulty in removing the substance and the delicate organ becomes painful indeed.

Nothing is better in such cases of emergency than **Dr. J. D. Kellogg's Eye Water** which soothes the optic nerve, stops inflammation and keeps the eye easy until it has been put right. Even when a period of time elapses and when the case becomes difficult **Dr. Kellogg's Eye Water** will be found the best of lotions to purify, soothe and strengthen the injured parts.

Wit.

"We are pleased," said the president of the bank to the young clerk, "to notice that you always strike an exact and correct balance with no trouble at all." "Thank you," answered the new clerk. "I think I inherit the talent." "How is that?" "Well, my mother was a tightrope walker and my father a trick bicyclist.

"You see," said Blooms to his sweetheart, in describing how he stepped on a lady's dress and tore it, "I lost my head, you know." "Did you miss it much?" she queried.

SHE (threatening breach of promise suit)—"Do you intend to deny, sir that you proposed to me?" He—"No, I intend to plead insanity."

DOLLY—"They don't seem to be in a hurry to get married." Beth—"No. Maud believes in getting engaged in haste, but marrying at her leisure."

"Did he pop the question last night?" eagerly asked the mother as the daughter came down late to breakfast. "No, not quite." "What did he say?" "Why, he squeezed my hand twice and said that he believed that I'd make some man an excellent wife if the fellow had sense to take me so far that you couldn't visit me more than once in twenty years."

MAMMA—"We must get a nurse for the baby." Papa—"Nurse be blowed. What he wants is a night watchman."

IRISH PORTER (thrusting his head into a compartment as the train stops at small, dingy, ill-lit country station)—"Is thur anybody there fur here?"

"WHAT great blessing do we enjoy that the heathen know nothing about?" inquired the Sunday school teacher. "Soap!" was the answer that came out like the crack of a pistol from the small boy at the foot of the class.

PENELOPE—"I understand it was a case of love at first sight with him." Constance—"Oh, yes; he had heard how wealthy she was before he met her."

There was a young lady in Lynn
Who said she thought kissing a synn,
But when her new beau
Tried to see if 'twas sean,
She said: "Oh, please do it agynn."

PROFESSOR (to first applicant)—"Name and age, sir?" First student—"Aber Bascom; age, seventeen." Professor (to second applicant)—"And you, sir?" Second student—"Phineas Bascom; age, seventeen." Professor—"Brothers?" S.S.—"Yes, sir." Professor—"Twins?" S.S. (doubtfully)—"Well, ye-es; twins on our father's side. We are from Salt Lake." Professor—"Oh, oh."

KATE—"Just look, these boots are ever so much too big." Mary—"Yes; you must have given him the number of the house instead of the number of your shoe."

DON'T forget to remember that there are a great many things which should be forgotten.

DR. J. D. KELLOGG'S

CARBOLIC HEALING

OINTMENT

Sometimes an ointment is about as offensive as the disease it is designed to cure. Not so Dr. Kellogg's Ointment which does not offend the sense of touch or of smell, but is a pleasant as well as a refreshing unguent. Having no dangerous ingredients and

being a splendid skin restorer and healer it is often used with happy results for dry or chapped hands and for the face for toilet purposes. It is a self-preserved, never spoils or becomes rancid and can be opened and used as required without waste.

A VALUABLE OINTMENT—MRS. M. A. SWEAT, Savages Mills, P.Q., writes:—"I consider Dr. Kellogg's Ointment a valuable ointment. Nothing better can be kept in the house."

A MINISTER'S EXPERIENCE—REV. F. H. HEINEMANN, Fairbault, Minn., writes:—"Enclosed please find \$1, for which kindly send me Dr. J. D. Kellogg's Healing Ointment. This Ointment has proved to be so good that Mrs. Heinemann will not be without it."

GOOD RESULTS—MR. J. FRANK CHALMERS, Adolphustown, writes:—"I believe Dr. J. D. Kellogg's Ointment the best in the market. I have known it to be used in cases of very bad cuts both on man and beast. It allays the pain and starts the healing immediately upon application. I use it myself and recommend it to my customers, and always hear of good results."

HIS FAVORITE OINTMENT—MR. O. THOMPSON, 27 Linden Street, Toronto, says:—"I had Salt Rheum on my hands so bad that I could scarcely handle anything or close my hand. A friend advised me to use Kellogg's Ointment, and before I had used it twenty-four hours I noticed a decided improvement and the trouble rapidly disappeared."

FOR ALL KINDS OF SORES—MR. J. FERGUSON, Caintown, writes:—"For three summers my cows were greatly troubled with sore teats, which were so painful that we could scarcely milk them, but by the use of Kellogg's Healing Ointment they are now all cured. I can say I never tried anything as good as this ointment. It is a wonderful article for all kinds of sores and to make the skin soft."

Price, 25 cents.

A DISTINCTION is drawn between sores on the skin which are caused by impurities in the blood and those inflicted by external causes, bruises, scratches, burns, &c. But in all cases a soothing, healing ointment is one of the necessary remedies. For internal causes, in addition to Kellogg's Healing Ointment you are to use Northrop & Lyman's Vegetable Discovery, or according to the trouble, Parmelee's Vegetable Pills so as to reach the original cause of the outbreak. These will act on the proper organs and on the blood, and should never be neglected when the skin shows signs of internal disorder, but Kellogg's Healing Ointment is the best specific for external use at the same time. It is a most powerful emollient, cooling the skin, soothing the body and cleansing the sores so that the sore cannot spread over the skin, but is dried up gradually and removed. As every mother knows, the value of a good ointment, easily applied, not expensive and greasable to the skin, cannot be over-stated. Children are naturally liable to suffer from inflamed skin and eruptions, because their blood does not always agree with them, their wants are sometimes overlooked, they cannot help themselves. The little things suffer much from irritation of the skin, and a soothing such of ointment is the very thing to remove the itching pain and to produce a warm softness of the skin, comfortable and easy.

For grown up people Kellogg's Healing Ointment is equally useful. Among the ailments it cures are: Scrofula, Eruptions of the scalp, Sore Lips, Dandruff, Piles, Red Sores and sores, Carbuncles, Felons, Sore Nipples, Scalds, bruises and Burns, and indeed almost every class and description of skin disease. It is one of Dr. Kellogg's greatest preparations. His name is honorably associated with many famous medicines, but none of them has been more successful than this Ointment, because of its excellent qualities and the clean relief it gives.

Cooking Recipes.

Oysters and Fish.

To Stew Oysters.—Put your oysters with all their liquor into a saucepan, no water; to every dozen add a lump of butter the size of a walnut, salt, pepper, a blade of mace, 2 bay leaves; bubble for 5 minutes, add a little cream, shake all well together and turn them out, grating a little nutmeg on each oyster as it lies in the sauce.

Fried Oysters.—Three dozen of oysters, 2 ounces of butter, 1 tablespoonful of catsup, a little chopped lemon-peel, $\frac{1}{2}$ teaspoonful of chopped parsley; boil the oysters for 1 minute in their own liquor and drain them; fry them with the butter, catsup, lemon-peel and parsley, lay them on a dish and garnish with fried potatoes, toasted sippets and parsley. This is a delicious delicacy, and is a favorite Italian dish, time 5 minutes; seasonable from September to April; sufficient for 4 persons.

Stewed Oysters.—Get some fine large fresh oysters, drain their liquor, (saving it in a pitcher), and put them in a stewpan with $\frac{1}{2}$ pound of fresh butter, and set them over the fire; when they have simmered and have almost come to a boil, remove them from the fire and have ready a pan of very cold water; take out the oysters, one at a time, on a fork, and put them into the cold water, this will plump them and render them firm. Having saved about half their liquor, put it into the stewpan, seasoned well with blades of mace, grated nutmeg, whole pepper corns, and a little cayenne; stir in $\frac{1}{2}$ pint or more of cream, and if you cannot procure cream, an equal quantity of nice, fresh butter, divided into bits, slightly dredged with a very little flour; boil the liquor by itself, and when it comes to a boil take the oysters out of the cold water and put them into the boiling liquor. In 5 minutes remove the pan from the fire, the oysters having simmered, and transfer them to a tureen or deep dish, in the bottom of which has been laid a buttered toast, that has been previously dipped for a minute in hot water or milk.

Perch and Tench.—Put them into cold water, boil them carefully, and serve with melted butter. Perch are a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavor.

Eels Boiled.—The small ones are best. Do them in a small quantity of water, with a good deal of parsley, which should be served up

with them and the liquor. Serve chopped parsley and butter for sauce.

Flounders.—Let them be rubbed with salt inside and out, and lie 2 hours to give them some firmness. Dip them into egg, cover with crumbs and fry them.

Herring, to Smoke.—Clean and lay them in salt and a little saltpetre over night, then hang them on a stick, through the eyes, in a row. Have ready an old cask, in which put some sawdust, and in the midst of it a heater red-hot; fix the stick over the smoke, and let them remain 24 hours.

Dried Salmon.—Pull some into flakes, have ready some hard boiled eggs, chopped large, put both into $\frac{1}{2}$ pint of thin cream, and 2 or 3 ounces of butter, rubbed with a teaspoonful of flour, skim it and stir till boiling hot, make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

Currie of Cod.—Should be made of sliced cod that has either been crimped or sprinkled a day, to make it firm. Fry it to a fine brown, with onions, and stew it with a good white gravy, a little currie powder, a bit of butter and flour, 3 or 4 spoonfuls of rich cream, salt and cayenne, if the powder be not hot enough.

Fish Omelet.—Beat up 3 eggs with a quantity equal in bulk to 1 egg of the remnants of any cold fish, finely shredded with a fork, a pinch of minced parsley, pepper and salt to taste.

Fish Custards.—Take 3 small haddocks or whittings, clean them, cutting off the heads, tails and fins, place them in a piedish, and sprinkle with pepper and salt. Make a custard with 1 teacupful of milk, 2 eggs, and if preferred, a little flour. Pour this over the fish, and bake in a moderate oven for 15 or 20 minutes. Be careful not to overcook it or the dish will be spoiled.

Fish Smothered in Cream.—Take any kind of cold fish, divide it into large flakes, lay it in a piedish, and season with pepper and salt; pour over it a rich white sauce of cream, cover with breadcrumbs, lay bits of butter over, and bake in a moderate oven. This dish may also be conveniently cooked before the fire, or in a Dutch oven.

Peach Sauce.—Take a quart of dried peaches and soak in water for 4 hours; wash them, drain and put in a saucepan with enough water to cover them, when they break in pieces pulp them, and sweeten to taste with white sugar.

BICKLE'S ANTI-CONSUMPTIVE SYRUP

FOR COUGHS
COLDS & C.

PERHAPS no insidious disease is more fearful to the human mind than Consumption, and of late years perhaps the treatment of no other disease has received more attention from men of science and from laymen. It is one of the deadliest ills that flesh is heir to. After it reaches a certain stage it invariably terminates fatally; thus far it has baffled science after it has advanced in its attack. But nothing has been more clearly established than that there is a fighting chance and a complete control over it in the incipient stages. And to aid in the matter the symptoms are not obscure, but reasonably apparent. Consumption never falls with a fell swoop. It develops gradually, and if the first monitions are regarded the battle may be completely won. Being a lung trouble you look for its appearance in the respiratory organs. It is generally the result of neglected colds, and the wise man or woman will carefully tend a cold. Should a cough follow a cold **Bickle's Anti-Consumptive Syrup** should be taken at once, for it is one of the best remedies that have been discovered, for removing all trace of bronchial troubles. It soothes the throat, softens the gathering substances and clears away the dangerous phlegm which is the hot-bed of propagating disease. It acts healingly on the mucous membranes, strengthening and cleansing them so that pre-disposition to disease does not exist. What vaccination is to smallpox, **Bickle's Anti-Consumptive Syrup** is to throat and lung troubles; it disinfects, toughens, and renders immune the bronchial and respiratory organs until such time as the accompaniments of a bad cold are driven completely away. And when from neglect the disease has got a stubborn hold, this **Syrup** is still a powerful agent in the combat that has now begun between disease and life, for let the result be what it may, it is an indisputable fact that once allow the consumption germ a lodgement and you are within the line of danger to

life. The course of the disease is easily traceable from the cough, hardening as it grows, to the inflamed organs, the glutinous matter, the affected lung tissue, delicate and difficult to treat. But thousands of cases have been cured before the lungs are too vitally

affected by **Bickle's Anti-Consumptive Syrup** the best and safest remedy attainable to-day.

BRONCHITIS CURED—MR. GEORGE S. RICHARDSON, Roblin, writes:—"I have been using **Bickle's Syrup** for fully six years, and I can cheerfully recommend it to any one (after testing it thoroughly) as having no equal, and I have tried many remedies too. I have two boys and when young they were great sufferers with Bronchitis. The **Bickle's Syrup** effected a complete cure with one, and always stops the disease on the other. I found it more effectual than the doctor's medicine, and can truly say that it saved me many a dollar. I have used it myself and in our family, and we found it superior to any Cough Medicine we ever used."

NONE HALF AS GOOD—MR. WM. MCCLAY, Knowlton, P.Q., writes as follows:—"I have great pleasure in testifying to the merits of **Bickle's Syrup**. I was so hoarse that I could not speak above a whisper, and one dose gave me relief, and it only took a few doses to restore my voice. It will cure the most obstinate Cough or Cold. I never tried a cough medicine that was one-half as good as **Bickle's**."

A GRAND MEDICINE—MR. GEO. D. MCLEOD, Strathlorn, C.B., writes:—"I have used **Bickle's Syrup** and find it a grand medicine for a cough. I keep it in stock in my general store and can always heartily recommend it for Coughs and Colds."

CHRONIC COUGH CURED—MR. H. BAXTER, Norton Station, N.B., writes:—"Bickle's Syrup cured me of a Chronic Cough. I could not speak above a whisper, and feared that I was going to lose my voice. I got relief immediately. It is a pleasant medicine and it gives me pleasure to recommend it to others."

MR. E. B. STEWART, Ruthven, writes:—"The people think **Bickle's Syrup** the best medicine in the world."

PRICE, 25 cents, 50 cents and \$1 per bottle.

PARMELEE'S VEGETABLE PILLS.

A
RECOGNIZED
REGULATOR.

SUFFERING humanity endures much from inferior drugs and medicines which are spread broadcast by irresponsible persons who shelter themselves under a purchasable name. These are transients. They come and go whence or whither are unknown. But an old, reliable firm may not deceive or fool the public. Its reputation is its capital; it clings to business honor and integrity, and it must test and try every medicine to which it gives the negis of its name. Therefore, find out who it is you are buying from. The house that has done business for years upon years and holds public confidence ought to hold your confidence too. **Parmelee's Vegetable Pills** have as sponsor one of the oldest established houses in Canada, or on this continent. Years of experience have convinced the public that these **Pills** are **genuine remedies**. When you are told that they are unequalled as cures for numberless ills which can be specified, you have irrefutable evidence that the claim is good; and that evidence is freely given and freely published.

Take the case of **sleeplessness**. How demoralizing to the whole system, how enervating and how dangerous! **Parmelee's Vegetable Pills** have effected thousands of cures when various grades of doctors, from the ordinary practitioner to the skilled expert merely "treated" the cases. Why? Because the **Pills** are potent in stomach disorders and the relationship between the stomach and the nervous system is of the closest possible character. **Parmelee's Vegetable Pills**, made from roots, plants and herbs selected after years of trial, have a curative as well as a penetrative power and the cause of the trouble is reached as by no other similar medicine. They are better than a surgeon's knife, for while they are secreting and absorbing the noxious elements from the system, with a thoroughness equal to that of the knife when it removes an affected part, the **pills**, at the

same time sooth, heal and cure, impart life and tone to the organs and build up as if from the beginning. That is the great secret of medicine. It is a common thing to procure specifics for specific ills or for special phases of troubles, but the glory of materia medica is to find a specific that acts on the ramifications of disease as it develops and seizes upon the delicate and complex machinery of the human system. These invaluable specifics are few in number, but fortunately among them are **Parmelee's Vegetable Pills**, in testimony whereof all classes of people have come forward to tell their story—Try them. They are easily procurable, not costly, and taken as prescribed you will benefit in person and in pocket by their use.

From among many who have experienced their value the following beneficiaries will speak:—

SEVERE BILIOUS HEADACHE—MR. JAMES JOHNSTON, General Agent for the Massey-Harris Co., Winnipeg, Man., writes:—"I have been subject to Bilious Headache for the last six years and have tried all kinds of Pills and Patent Medicines to remove the sickness without avail. I tried one box of **Parmelee's Pills** and I can honestly say that they are the best medicine I ever took. When suffering from a severe Bilious Headache I took two pills and had relief immediately, and I can recommend them to any person as a sure and fast cure."

PREVENTS BILIOUSNESS—MR. PETER A. GRANT, Sea Side Hotel, Port Mulgrave, N.S., writes:—"Parmelee's Pills are ahead of any Pills I have ever used. They are easy to take and a sure preventative if taken in time for Biliousness or any disorder that the system is liable to."

NOT OVER-RATED—MRS. PATRICK A. FITZPATRICK, Cumnock, P.O., Ont., writes:—"I have tried **Parmelee's Pills** and found them to be fully as good as recommended."

GOOD SATISFACTION—MR. W. R. HAYS, Arden, writes:—"Parmelee's Pills give the best satisfaction of any Pill we sell, and we have a great many kinds. I have used them myself and I know they are good."

DR. THOMAS' ECLECTRIC OIL

DOSE SMALL
EFFECT SURE

The Test and Triumph

OF

DR. THOMAS' ECLECTRIC OIL.

Testimony of those who have tried this all-powerful Remedy and who tell the truth about its wonderful properties.

THE more you examine a genuine medicine the more apparent will its great virtue become. No medicine has been more critically examined than **Dr. Thomas' Electric Oil**. Why? Because it claims much. It professes to be a wonderful medicine, and it was at once challenged. The faculty handled it carefully said little about it. People who had tried almost every known medicine, and who had almost given up hope, found it a complete cure and said so in order that others might be induced to try it also. Then its properties were talked of. It became famous. Its sales went up year by year by leaps and bounds. It won a triumph. What greater victory could it have than a victory over disease and suffering? That it invariably achieved. The poor people tested it, the rich people tried it. You will find their own words of praise in this little book, the sole object of which is to give credit to whom credit is due; to give a chance to the people to speak for themselves. That is surely the square thing to do. It is fair to everybody. If we have an inestimable remedy it were surely the pith of selfishness to hide it from the world. Its discoverer spent days and nights of patient, laborious toil over it, not to hide the result of his brain-work under a bushel, but to give every member of the human race who needs it the chance of using it. That is why we keep **Dr. Thomas' Electric Oil** continually before the public.

Moreover, the public will have it so. They speak of it as the most wonderful remedy they have ever within reach—within reach in every way, as it is low-priced and sold everywhere. Every druggist knows all about it; every druggist of any standing whatever, *i.e.*, every druggist that you would care to deal with, as an up-to-date capable pharmacist, keeps it and recommends it too. So do the doctors; so do the veterinaries; so do those who have given it a trial. There is no such thing as going back on **Dr. Thomas' Electric Oil** by any one who has fairly used it. It is quite the other way. Voluntary testimonials from men and women tell more emphatically than we can the great blessing this unfailling remedy is for the ills that man is liable to.

Examine this list of common troubles carefully and you too will marvel at the many things for which **Dr. Thomas' Electric Oil** is a complete and wonderful cure. Here are some of them:—Rheumatism, Lumbago, Lamé Back, Asthma, Catarrh, Diphtheria, Coughs, Colds, Sore Throat and Croup, Piles, Frost Bites, Chilblains, Toothache, Earache, Burns, Bruises, Wounds, Sprains, etc. In each and all of these and in other ailments health has been restored and cures effected by **Dr. Thomas' Electric Oil**.

KNOWS IT IS GOOD—Mrs. A. H. AKIN, Cumberland, Wis., writes:—"I lived in Canada last year, and used **Dr. Thomas' Electric Oil** and found it the best medicine I ever used, and now that I know its merits would not like to be without it."

Mr. W. B. HILL, Cobourg, says:—"I have used it for croup, and found it all you claim it to be; can also testify to its efficacy in relieving pains in the back and shoulders."

Mr. JOHN GRAHAM, Stevensburg, Mich., writes:—"Dr. Thomas' Electric Oil is the best family medicine you can have in the house. I have been using it for fifteen years."

CANADIAN HAIR DYE LIQUID

IN the strenuous life of the present day man, at his best, in the hey day of his strength and activity, is wanted in every line of business. This is the **young man's century**, and, hard though it appears, it is the prevailing custom to choose men for almost all kinds of positions from the young and masterful. Nothing indicates the approach of old age as clearly as grey hairs, and in self-defence men and women ought to avoid them. Why not dye the hair if a harmless, nay a health-giving preparation can be found? There are many hair dyes, but the trouble has been that, as a rule, they injure the hair or the scalp, and are easily detected as dyes. The **Canadian Hair Dye**, however, is a discovery in this domain that defies detection, that nourishes the hair, keeps it clean and fresh, gives it the dark, glossy or brown color supplied by nature, does not rub off, and is just what a desirable dye should be.

Some people object to hair dyes on the ground of vanity. It is safe to say they have not become prematurely grey. It is not vanity but utility, for these objectors

are among the very ones who depreciate the value of middle aged men as employees. Utility rules now-a-days in this commercial world, and the requirements of business knows no law. The existence

of a safe, reliable hair dye is as much a necessity as enough mixtures, medicines, or toilet articles. Better have fine hair than a stylish hat. **Canadian Hair Dye** is the only article which up to the present fills the bill exactly. It leaves no room for improvement, for the wants of the hair are simple. **Canadian Hair Dye** gives you an endurable, fixed, fine color, and a preparation convenient to use and reasonable as to price.

There is a utility and a power in beauty. As it is man's duty to be of good address and presentable, it is woman's business to be beautiful and handsome. Woman's glory is her hair, and no dye can be procured that can surpass **Canadian Hair Dye** for use by ladies and gentlemen who require it. Many years ago it was introduced, it leads the field to-day and is not likely to be ever surpassed by any other. Beard, moustache and hair can be easily brought to any shade of color by **Canadian Hair Dye**.

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Who will be pleased to supply you with any of the medicines advertised herein, and also with any other article usually kept in a first-class establishment.