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THE ADVANCE.

FLESHERTON, ONT.

Boil

- Ham, 5 hours. Lamb, 1 hour. Veal, 2 to 3 hours. Bass, 10 minutes. Powl, 2 to 3 hours. Wheat, 1 to 2 hours. Oysters, 3 minutes. Eggs, 3 to 5 minutes. Turkey, 2 to 3 hours. Hominy, 1 to 2 hours. Oatmeal, 1 to 2 hours. Rice, 15 to 20 minutes. Beans, string, 2 hours. C. fee, 3 to 5 minutes. Brown bread, 3 hours. Clams, 3 to 5 minutes. Peas, 15 to 20 minutes. Onions, 30 to 45 minutes. Carrots, 45 to 60 minutes. Corned beef, 4 to 5 hours. Squash, 20 to 30 minutes. Spinach, 20 to 30 minutes. Beans, shell, 1 to 2 hours. Turnips, 30 to 45 minutes. Chickens, 45 to 60 minutes. Potatoes, 20 to 30 minutes. Parsnips, 30 to 45 minutes. Corn, green, 5 to 8 minutes. Macaroni, 20 to 30 minutes. Tomatoes, 15 to 20 minutes. Asparagus, 15 to 20 minutes. Beef, a la mode, 3 to 4 hours. Smoked tongue, 3 to 4 hours. Cauliflower, 30 to 45 minutes. Codfish, 6 minutes per pound. Beets, young, 45 to 60 minutes. Oyster plant, 30 to 60 minutes. Sweetbreads, 20 to 30 minutes. Bluefish, 10 minutes per pound. Haddock, 6 minutes per pound. Small fish, 6 minutes per pound. Cabbage, young, 30 to 45 minutes. Eggs, hard boiled, 15 to 20 minutes. Salmon, cubical, 15 minutes per pound. Halibut, cubical, 15 minutes per pound.

There never was, and never will be, a universal panacea, in one remedy, for all ills to which flesh is heir—the very nature of many curatives being such that were the germs of other and differently seated diseases rooted in the system of the patient—what would relieve one ill in turn would aggravate the other. We have, however, in Quinine Wine, when obtainable in a sound unadulterated state, a remedy for many and grievous ills. By its gradual and judicious use, the fraillest systems are led into convalescence and strength, by the influence which Quinine exerts on Nature's own restoratives. It relieves the drooping spirits of those with whom a chronic state of morbid despondency and lack of interest in life is a disease, and, by tranquilizing the nerves, disposes to sound and refreshing sleep—imparts vigor to the action of the blood, which, being stimulated, courses throughout the veins, strengthening the healthy animal functions of the system, thereby making activity a necessary result, strengthening the frame, and giving life to the digestive organs, which naturally demand increased substance—result, improved appetite. Northrop & Lyman of Toronto, have given to the public their superior Quinine Wine at the usual rate, and, gauged by the opinion of scientists, this wine approaches nearest perfection of any in the market. All druggists sell it.

Cycling and Alcohol.

A practical warning deals with the question of drink. There is no doubt that riding long distances, even if only for pasture, generates a considerable amount of heat, and, consequently, thirst. "Remember," says an experienced physician, "that alcohol stimulates the heart and circulation in much the same way as exercise does, and that if you use it in any form while wheeling the reaction is speedy and far-reaching." In the same way a long ride should never be undertaken immediately after a plentiful meal, this also tends to interfere with the heart's action and respiration.

A Purely Vegetable Pill.—Parmelee's Vegetable Pills are compounded from roots, herbs and solid extracts of known virtue in the treatment of liver and kidney complaints and in giving tone to the system whether enfeebled by overwork or deranged through excesses in living. They require no testimonial. Their excellent qualities are well known to all those who have used them and they commend themselves to dyspeptics and those subject to biliousness who are in quest of a beneficial medicine.

Home-Made Ginger Ale.

A simple way of making plain ginger ale is to boil fresh ginger root in water, an ounce of the root to each gallon of water. Just as you take it from the fire, and after it is quite spicy, add the grated yellow rind of half a lemon. When cold, strain; add to each gallon a pound of sugar and the juice of two lemons. Dissolve half a yeast cake, add it to the mixture, and let it ferment for about three hours. Bottle, cork, and tie down the corks.

Minard's Liniment Lumberman's Friend.

Not Plumb.

A German biologist has discovered that the two sides of the human face are not alike. In two out of five people the eyes are out of line. In seven out of ten, one eye is stronger than the other, and the right ear is always higher than the left.

A new back for 50 cents. Miller's Kidney Pills and Plaster.

They Came From Brazil.

All of the carbons used in making the so-called diamond drills are found in the state of Brazil. One weighing 975 karats was found in 1895. It was sold in Paris for 100,000 francs (\$19,900).

It is not what you eat, but what assimilates that nourishes. MILLER'S COMPOUND IRON PILLS cure faulty assimilation.

MR. W. DUNN'S CASE

Dodd's Kidney Pills Cure Another Dundas Man.

He Was Afflicted With Rheumatism for Six Years—All Efforts Failed to Relieve or Cure Till He Took Dodd's Kidney Pills.

Dundas, March 20.—"Gentlemen," remarked Mr. William Dunn, a well-known telephone lineman, to a group of his fellow workmen. "Gentlemen, I have suffered untold agony from Rheumatism during the past twelve months. A person who has not felt the pangs of this painful malady cannot conceive the torture it inflicts upon its victims. I could get nothing to give me relief, although I doctored constantly and took various remedies. "Then I began using Dodd's Kidney Pills, and almost immediately a decided change for the better took place. I used altogether three boxes of Dodd's Kidney Pills, and am happy to say I am thoroughly cured. You may talk of doctors and their medicines, but give me Dodd's Kidney Pills."

Mr. Dunn's remarks are in a line with the publicly-expressed assertions of thousands of other grateful men and women who have been cured of Rheumatism by Dodd's Kidney Pills.

Rheumatism is caused by Uric Acid in the blood. Uric Acid is left in the blood by diseased kidneys, which are unable to filter it out. The only way to cure Rheumatism is to remove the Uric Acid. The only way this can be done is by the Kidneys. The kidneys cannot do it unless they are strong and healthy.

Dodd's Kidney Pills make the Kidneys strong and healthy—make them do their work properly by making them able to do it.

There can be no Uric Acid in your blood if you use Dodd's Kidney Pills. That is a fact that cannot be disputed. It follows, then, that you cannot possibly have Rheumatism if you use Dodd's Kidney Pills. Try them and be convinced.

No Compromise Possible.

No compromise can be made with God. He is unbending in His righteousness. Consequences do not deter Him. He will not annul the force of any law that He has enacted because of the awful personal results of transgression. It is this that gives unshaken stability to His government, and forms the basis of absolute confidence in God and His purposes.

They Never Knew Failure.—Careful observation of the effects of Parmelee's Vegetable Pills has shown that they act immediately on the diseased organs of the system and stimulate them to healthy action. There may be cases in which the disease has been long seated and does not easily yield to medicine, but even in such cases these Pills have been known to bring relief when all other so-called remedies have failed. These assertions can be substantiated by many who have used the Pills, and medical men speak highly of their qualities.

Growth of Journalism in Japan.

It is eighteen years since the first Japanese newspaper was established, and now there are in existence 575 daily and weekly papers, 25 law magazines, 35 medical magazines, 11 scientific, and a large number of religious journals.

Mental and physical activity are produced by Miller's Compound Iron Pills.

Dainty Fruit.

First Proud Parent—I am a daddy, and it is a peach. Second proud Parent—I am a daddy, too, but it is a pair!

Ask for Minard's and take no other.

Chili's Copper Boom.

Advices from Valparaiso state that the copper output of Chili has increased considerably in the last few years. The copper boom is said to be stimulating business in the country in every direction.

Miller's Worm Powders the medicine for children.

Dominican Convent at Cologne.

Kaiser Wilhelm has authorized the Dominicans to reestablish their convent at Cologne. Saint Thomas Aquinas and Albertus Magnus are among the great men who made the Cologne cloisters famous.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure Deafness and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. When this tube gets inflamed you have a humming sound or imperfect hearing, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out of the tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circular, Free.

F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

An Act of Gallantry.

Surgeon Gen. Sir James Mount, who died recently at the age of 83 years, won the Victoria cross at Balaklava by volunteering to go out and dress the wounds of an officer lying in an exposed situation under the Russian fire.

Miller's Worm Powders cure fits in children.

Increased vigor and vivacity follow the use of Miller's Compound Iron Pills.

Cancer

We cure without knife or plaster. No matter how bad the case, write for particulars.

T. N. STOTT & JURY, BOWMANVILLE ONT.

What the Women Are Doing.

Russia possesses over 300 female doctors. The first restaurant for women only was recently opened in Copenhagen.

Dealers in pet animals and birds say that women buy more than half the dogs. A Norway (Me.) girl has just finished writing a novel and has put it into type with her own hands.

At the recent sanitary congress Mrs. Wakeford suggested that a girl should not be allowed to marry until she possessed a knowledge of sick nursing, sanitation, cooking, a knowledge of the human body, personal hygiene and the duties of motherhood.

China's women, at least about Shanghai, are becoming very up to date. It is becoming by no means unusual to see fair celestial cyclists in the streets, and the new weekly Feminine Magazine's staff is entirely composed of Chinese ladies.

The great lung healer is found in that excellent medicine sold as Bickle's Anti-Consumptive Syrup. It soothes and diminishes the sensibility of the membrane of the throat and air passages, and is a sovereign remedy for all coughs, colds, hoarseness, pain or soreness in the chest, bronchitis, etc. It has cured many when supposed to be far advanced in consumption.

Aim for Good Cows.

What dairymen should aim at is to secure the best cows they can and try testing each cow's milk by churning separately, and ascertain for sure whether they pay for their keeping and give a little profit. They can be satisfied with a small profit, but cannot afford to keep cows at a loss for the benevolent purpose of supplying dairy products to consumers at a low cost. Excelsior should be the watchword, and the poorer cows kept only until their places can be filled by better.

Keep Minard's Liniment in the House.

Dorset sheep are fighters. As most people know, a cow or two pastured with sheep will protect the sheep from dogs. But with dairying, as practiced nowadays, it is not everyone who can spare a cow to act as shepherd. A Maryland breeder says the Dorset sheep need neither cows nor shepherd, being abundantly able to fight their own battles. One of the ewes, he says, left the flock to attack a wolf hound, and "made him forget which way he intended to go."

Miller's Worm Powders cure all ailments of children like magic.

New Test for Coal.

A French experimenter suggests that the X rays furnish a ready means to detect stony impurities in coal. Carbon is very transparent to the Rontgen rays, while silica is opaque to them. Consequently the silicates, which form slag when coal is burned, can be seen like a skeleton when the shadow of the coal is projected upon a fluorescent screen.

Minard's Liniment is used by Physicians.

Expensive High Court.

The high court of England costs the country about £200,000 a year, the expenditures being £600,000 and the receipts £400,000. The salaries of the judges come to £148,462, and those of other officials to £248,303. The pensions of retired judges amount to £20,575, and those of ex-officials to £55,962.

I CURED A HORSE of the mange with MINARD'S LINIMENT. Dalhousie. CHRISTOPHER SAUNDERS.

I CURED A HORSE, badly torn by a pitch fork, with MINARD'S LINIMENT. St. Peter's, C.B. EDWARD LESLIE.

I CURED A HORSE of a bad swelling with MINARD'S LINIMENT. Bathurst, N.S. THOS. W. PATER.

A book published in Japan 1,000 years ago notes that at that time good silk was already produced in 25 provinces of that country.

There are said to be fewer suicides among miners than among any other class of workmen.

Thousand-Lite Her.—Tena McLeod, Severn Bldg., writes: "I owe a debt of gratitude to L. E. Thomas' Electric Oil for curing me of a severe cold that troubled me nearly all last winter." In order to give a quinine to a hacking cough, take a dose of Dr. Thomas' Electric Oil three a day, or oftener if the cough spells render it necessary.

Reason For Everything.

In due time the pilgrim came to a great town where they were holding an international exposition.

"What," he asked respectfully, "is the purpose of your exposition?"

"To celebrate," replied an inhabitant, with courteous condescension, "our great industrial achievements."

"And are you so much better off by reason of these achievements?" persisted the pilgrim, with no notion of being impertinent, however.

"Certainly," replied the inhabitant. "But for these achievements how could we have an exposition?"

Whence the pilgrim perceived that there is purpose in all things.—Detroit Journal

Increase of Tank Steamers.

Though the first tank steamer was built only thirteen years ago, there are now 120 tank vessels in existence, nearly all steamers, with a register of 401,024 tons.

Richest of Gold Mines.

The richest gold mine in the world is in Victoria, Australia, under the thriving town of Ballarat, and in 30 years it has yielded \$180,000,000.

New life for a quarter. Miller's Compound Iron Pills.

Advertisement for Gendron featuring a large circular logo with the text 'Are you thinking of buying a new wheel? If so, be sure and see the GENDRON before you purchase. Write for a Catalogue, either English or French. Gendron Mfg. Co., TORONTO, Ont.'

Advertisement for National Farmers Company featuring 'NATIONAL BINDER TWINE' and 'NATIONAL FARMERS COMPANY, TORONTO.' It lists various products like watches, musical clocks, and twine, and includes contact information for agents.

Advertisement for Republic Mining Stocks, inviting investors to write for a copy of a recent publication and providing details about mining opportunities in the world.

Advertisement for Persiatic, a pest control product. It describes the product's effectiveness against insects and provides a list of items it can be used on, such as pig wash, dog wash, and poultry powder.

Advertisement for Pickhardt Renfrew Co. Limited, featuring an illustration of a billiard table and listing various pool tables and bowling supplies available for sale.

Advertisement for Piles, featuring an illustration of a person and describing the product as a cure for hemorrhoids, available from A. Lewis at 112 Shuter Street, Toronto.