

OUR DAILY BREAD.

Work Being Done by Dr. Ellis, Public Analyst, Toronto.

Twenty-Five Per Cent. Adulterated.

There is no subject of more vital importance to the community at large than that of obtaining food and medicines pure and unadulterated. Thanks to modern science and the greed of manufacturers and dealers, adulteration has been reduced almost to an art, and in many cases it is impossible to obtain certain articles in their purity. Our forefathers drank champagne and knew it was the pure fermented juice of the grape. Their sons drink an article under the same name which is often nothing more than a mixture of native cider, cheap French wine, sugar, brandy, and a little lemon or tartaric acid. Again, French brandy, which at one time was really what its name indicated, is now largely made from spirits obtained from molasses, beetroot, and potatoes, and more particularly cheap whiskey, which in sent from Canada and the United States in large quantities to come back brandy. Burnt sugar gives the desired colour, and the fine flavor is made to suit the taste by skillful admixture of essential oils and distilled murr, which is the refuse skin and pips of the grape left after the wine is expressed. Indeed, some wines are made up entirely of ingredients wholly foreign to the country which produces the genuine article. The substances added with a view of preserving wines are often nothing better than poisons, lead and copper both being used, the former in the state of litharge. The favorite port wine in England is thus most shamefully treated, besides being manufactured on a very large scale after a variety of very curious receipts from thousands of pipes of spoiled cider imported for the purpose, bad brandy, and infusions of logwood and other dye stuffs. The above are only a few illustrations out of thousands that might be given. Even children's candies are adulterated with virulent mineral poisons by the unprincipled manufacturers, and the cup that "cheers but not inebriates" often contains a poison worse than alcohol. This black art is carried even into the chamber of the sick, and their drugs and medicines adulterated as ruthlessly as anything else. To show the extent to which adulteration has been carried in Canada it is only necessary to state that out of the one thousand and forty-one samples examined by the Dominion analysts in 1881, two hundred and sixty, or nearly twenty-five per cent., were adulterated, and thirty-eight returned as doubtful.

WORK OF DR. ELLIS, IN TORONTO.

Following is a list of the principal articles submitted to Dr. Ellis, public analyst in Toronto, for his examination, namely:—Flour, cocoa, coffee, tea, sugar, butter, milk, canned fruits, vegetables, and meats, together with the following spices and condiments: Allspice, cloves, cinnamon, cassia, ginger, mace, mustard, nutmeg, pepper, vinegar, and syrups. Generally speaking, the samples of flour submitted to Dr. Ellis for examination have been found pure. Bakers, however, sometimes add rice, flour, potatoes, bean flour, and pea flour to their bread, and among mineral adulterations, alum, borax, sulphate of copper, sulphate of zinc, chalk, and carbonate of magnesia. The influence of alum on health in the small quantities in which it is usually added to bread is very problematical, and rests more upon theory than observation. But notwithstanding the obscurity of its action on the economy, there can be no difference of opinion that it is a serious adulteration and not to be permitted. Alum may be suspected in bread which appears unnaturally white. It requires, however, delicate tests, which can only be properly applied by a chemist, to discover it. It will be unnecessary to treat the different articles mentioned above, and a few of the principal ones only will therefore be mentioned.

COCOA.

The cocoa of commerce is made from the roasted seeds of a tree, whole forests of which exist in Demerara. It is also found, more or less extensively, in Central America, Brazil, and some of the West India islands. The principal kinds in commerce are known under the names of Coracoas, Sarinam, Trinidad, Grenada, Jamaica, Dominica, Guayaquil, Venezuela, Bahia, Brazil, and St. Lucia. The consumption of cocoa is on the increase. Chocolate is prepared by grinding the cocoa nibs in a mill, the rollers of which are heated so as to soften the cocoa-butter, and in this way a paste is formed, which is mixed with refined sugar, and very often other substances, and pressed into moulds. The adulteration usually found in cocoa are: Sugar, starches, venetian red, brick-dust, and peroxide of iron. Some of these sophistications, such as the starches, may be detected by a microscopical examination. The ordinary chemical examination consists in the extraction of the fat, the estimation of the percentage of ash and its contents of phosphoric acid. By a simple examination of the fat and the chief constituents of the ash supplemented by the use of the microscope all known adulterations can be detected.

Chocolate is often adulterated with oil of almonds, cocoa oil, beef and mutton fat, starches, cinnamon, chalk, and various other substances.

COFFEE.

It is so well known that a description of it is wholly unnecessary. It has in all probability suffered more from adulteration than any other article in daily use. Its adulteration was at one time a regularly organized industry, and twelve years ago there existed in France two manufacturing for the express purpose of mixing coffee with burnt cereals and the scorched outer covering of cocoa. The principal adulteration is chicory, which has sometimes been added to the extent of 75 per cent. It influences the composition of coffee as follows:—(1) By decreasing the amount of gum, which in chicory seldom rises to more than 15 per cent, while in coffee it has not been found less than 21 up to 23 per cent. (2) It increases the sugar, roasted coffee having seldom so much as 2 per cent, while chicory, when roasted, usually has at least 8 or 9 per cent. (3) It decreases the fatty matter, the fat of chicory ranging from 1 to over 2 per cent., that of coffee from about 14 to over 20 per cent. (4) It decreases the tannin and coffee tannin acids, chicory being desti-

tute of tannin. (5) It decreases the caffeine, chicory possessing no alkaloid. (6) It modifies the constitution of the ash, especially by introducing silica, which is not a component of coffee ash.

So far as chicory is concerned, any house-keeper can detect its presence in coffee by a very simple expedient. Take a tumbler and half fill it with water. If the ground coffee be sprinkled upon this, the whole of it floats; if chicory be present, it separates and sinks to the bottom, imparting a ground color to the liquid. The portions which sink to the bottom of the glass are always soft to the touch, and very different from the hard, gritty feeling of coffee particles.

TEA.

The varieties of tea brought into Canada are very numerous, but seldom does anyone of them reach the customer unmixed. The wholesale merchants carefully "improve" their teas by blending. The most common sorts are gunpowder, Hyson, Congou, Capers, and Indian tea. Besides these there are a number of special teas. Some of a very high price, and imported in a state of great purity, but they are used almost exclusively for blending. The names by which the teas of commerce are most familiar to the public are simply "green" and "black." The most frequent adulterations are the addition of sand generally strongly impregnated with iron, the addition of foreign and exhausted leaves, together with astringent substances such as catechu. All these adulterations must take place abroad, as there is no evidence of a single chest having been tampered with in Canada. The "facing," or coloring of green tea is rapidly disappearing. The facing in nearly every instance is done with Prussian blue, a virulent poison, but the quantity used is so small that it can hardly be called an adulteration. A small addition of such a substance as catechu to impart astringency is probably frequent, and difficult of detection. Soluble iron salts, alkaline, carbonates, and other substances are stated to be occasionally added, but no conviction relative to these appears to be on record.

SUGAR.

The usual adulterations found in sugar are sand, moisture, and glucose. White crystalized sugar is pure, the browns, however, contain various amounts of glucose. It is very seldom that sand has been found in any of the samples submitted to Dr. Ellis for analysis.

BUTTER.

The principal adulterations are an excess of water, salt, and foreign fats. The latter, however, are seldom found in Canadian butter. The analysis is usually divided in two parts, (1) the general examination and analysis, and (2) the investigation of the fat. The principal constituents of butter are milk fat, with a small and variable quantity of water, casein, and ash, the latter consisting chiefly, but not entirely, of the salt added. By far the most important process in the analysis of this article is the examination of fat. Oleomargarin is one of the substances used as an adulteration. The data by which the analyst judges whether a butter consists of foreign fats entirely or partly are derived from (1) the melting point, (2) the specific gravity, (3) the relative proportions of the soluble and insoluble fatty acids. Good butter should contain not less than 80 per cent of fat. Anything less is evidence of adulteration. There is no regular standard with regard to the percentage of water. In those cases in which the fat is below 80 per cent the deficiency of fat is usually from excess of water. Good butter should contain about 9 per cent of water, and 4 per cent of salt, but in the adulterated article these quantities are often nearly doubled.

MILK.

Perhaps there is no other article of consumption more generally adulterated, especially in large cities, than milk. The cardinal point on which the analysis of milk depends is its fairly constant composition. Milk may be divided into "solids, not fat," which includes the albuminoid principle, the ash, and the sugar, and "fat," the main constituent of the cream, which is practically the same as butter fat. Mr. Wauklyn in his treatise on "Milk Analysis," published in 1874, showed that the "fat" varied within somewhat wide limits, whilst the "solids not fat," in healthy, fairly milked cows never fell below 9 per cent., the average being somewhere between 9 and 10 per cent. This standard of the amount of solids was afterwards adopted by the Society of Analysts in England, who resolved to consider all milk sold as new milk adulterated which contained less than 9 per cent of solids, not fat, and 25 per cent of milk fat. The amount of water in pure milk averages between 86 and 87 per cent, the total solids 13 per cent, and the fat 3.5 per cent. If in the analysis the sample under examination fall much below this limit it is safe to say the milk is adulterated. A very common practice is to skim the night milk and add it to that of the morning.

SPICES AND CONDIMENTS.

The experience of Dr. Ellis, in the analysis of the above is that the generality of ground spices are adulterated. The adulteration generally consists of farinaceous substances. Whole cloves are often adulterated with stalks, and in New York it is a regular custom to keep materials constantly on hand for adulterating pepper.

CANNED FRUITS.

Vegetables and meats are never adulterated, but the natural juices act upon the tin of the cans, forming poisonous compounds. In old samples the taste of the tin can often be detected. All such preparations should be carefully examined before being placed on the table.

Something should be done to prevent the use of tin for canning these articles. Glass, though more expensive, is far preferable to anything else for this purpose.

So much, therefore, for the adulteration of food. The work of Dr. Ellis in bringing to light the various schemes of unprincipled dealers is deserving of every encouragement, and the prosecution of a few of the most notorious would no doubt have a beneficial effect on others.—Toronto Mail.

From the deposit discovered in 1872 on the Appomattox River at Bermuda, Va., there are now taken 1,000 annually or about a third of the fine ochres used in the United States.

THE TORPEDO IN WAR.

Views of Hobart Pasha Concerning the Recent Experiments in the Bosphorus.

Hobart Pasha writes to the London Times from Constantinople, as follows: So much interest is taken, especially in the naval world, in relation to the torpedo question, that perhaps I may venture a few remarks on the important experiments that have lately been made on the Bosphorus with the new greatly improved torpedo of Col. Lay. For some years past his majesty the Sultan and his naval advisers have been endeavoring by every possible means to discover among the many inventions now before the public a torpedo adapted for the defense of the Bosphorus and Dardanelles, where the various, uncertain and almost undefinable currents require a somewhat different, what I may call submarine, weapon of offense and defense than that suitable to be used in the generality of harbors of the world.

The Whitehead torpedo undeniably takes the lead as a weapon the best adapted for naval warfare and the defense of forts where there are no strong currents or tides; but I do not believe that even Mr. Whitehead can say that he could, with any prospect of success, attack a vessel moving rapidly through a current, or (as in the case of the Bosphorus and Dardanelles) three different currents. For example—supposing that the Whitehead torpedo were launched from the shore, it would immediately meet an eddy current of from two to three miles speed, after two or three hundred yards of transit it would meet with the main current running an uncertain speed of from four to six knots, and if the vessel was hugging the object of attack. Common sense tells us that the Whitehead torpedo, in spite of its great speed and accuracy of direction, would rarely, if ever, under these conditions arrive at any satisfactory result. It must always be borne in mind that the speed of currents, in all sea connections and great rivers, changes daily, if not hourly, so that no reliable calculation can be made in that respect.

This being the case, we must look for something more efficacious for the defense of special localities such as I have referred to. Now, Col. Lay and his associate, Mr. Nordenfongt propose a torpedo which can be directed to its object in defence of all currents and tides. This is done by a steering apparatus worked by electricity. I shall be told that is no new invention, but one that has been frequently tried and declared a failure. So have many inventions until time has been given for them to be perfected. I was the first, some years ago, to condemn the Lay system because it hid out the electric wire from the shore or firing point, thereby making a dead drag on the movements of the torpedo; now the wire, which is of the lightest description, falls quite loosely from the torpedo itself, and this, as any practical man will admit, makes a vast difference. The Russian government has given large orders to Col. Lay—for what? They use largely the Whitehead for marine purposes, but they evidently want the Lay torpedo for the defense of the canal between Cronstadt and St. Petersburg, where the current is strong and where the Whitehead would be comparatively useless.

Let me briefly relate what were the results of the Lay torpedo trials here. Two boats were moored twenty yards apart, at a spot chosen nearly one mile distant from the shore, on which was placed the battery for firing the torpedo. Between these boats and the shore two distinct currents were running—one close to the starting or firing point, the other in mid channel, the first running up the Bosphorus at the rate of about one mile, the other down the Bosphorus, speed about four miles. The torpedo on being launched immediately attained the speed of nine knots, and utterly regardless of currents was steered most admirably directly through the opening between the boats, proceeded about one hundred yards further, turned round, and returned to the starting point. There were present at this trial several severe critics, such as foreign naval and military attaches, etc., who showed much wisdom in their criticisms—for example, they remarked (in which I thoroughly agreed with them) that a speed of nine knots was not sufficient, and the torpedo was too visible on the surface of the water; but there was only one opinion as to the accuracy of the steering and the facility with which the torpedo was maneuvered in the currents. The opinion was to the effect that on these points the torpedo was perfect. Mr. Lay undertakes, under a heavy penalty, to give twelve knots speed, and immerse the screw sufficiently to prevent it being open to attack while in motion, in which case, I think, Mr. Lay will merit to be warmly congratulated on the great success which will inevitably result to his invention. Without in any way interfering with the rapid advance of the Whitehead torpedo as a weapon of naval warfare, Mr. Lay has now—supposing always that he is able to maintain his guarantee of speed and immersion shown that in large rivers and estuaries, where currents and tides are strong and changeable as to speed, the Lay torpedo would be most efficacious, inasmuch as it can be guided unceasingly and independently of any current.

While on the subject of torpedoes I may mention that Gen. Berden is here proposing a torpedo of his own invention, with which he undertakes to arrive at most splendid results. His majesty the Sultan has ordered every facility to be given to him in the construction of his invention in the naval arsenal. When finished, a trial will be made on the Bosphorus, as in the case of Mr. Lay's torpedo. Your obedient servant,

HOBART.

Mr. Disraeli hesitated much, says the London Truth, like Sergeant Ballantyne. Before bringing out some telling and well-prepared adjective, he would "er-er-er" for a minute or two, so as to make his hearers suppose that he was choosing between half a dozen words. And yet many of Mr. Disraeli's most offensive speeches, were learned by heart. He would give them to the Times reporter before being delivered, and although the reporter followed the speech, pencil in hand, he seldom had to alter a single word, so excellent was Mr. Disraeli's memory.

A Wise Man's

"A stitch in time saves nine," not only in making garments, but also in mending health. If Haggard's Pectorial Balsam were used in the earlier stages of Colds and Coughs, many a "stitch in the side" and many a case of torn lungs might be avoided, that neglects, rapidly develop into irreparable Consumption.

It was a thoughtless Michigan physician who laughed while eating catsup, and so got some of it into his windpipe, where it choked him to death.

Important.

When you visit or leave New York City, save Baggage Expressage and Carriage Hire, and stop at GRAND UNION HOTEL, opposite Grand Central Depot, 450 elegant rooms, fitted up at a cost of one million dollars, reduced to \$1 and upwards per day. European plan. Elevator. Restaurant supplied with the best, Horse cars, stages and elevated railroads to all depots. Families can live better for less money at the Grand Union Hotel than at any other first-class hotel in the city.

Cape Breton is almost peopled with members of the Highland race. Gaelic is commonly spoken in the country parts. Early in the century one Scottish laird alone, Maclean of Coll, removed to Cape Breton at his own expense 300 persons.

Testimonial from Mr. W. S. Wisner, of J. O. Wisner & Son, Manufacturers of Agricultural Implements:

Brantford, Ont., July 28th, 1880. J. N. Sutherland, Esq.: Dear Sir,—I take pleasure in bearing testimony to the efficacy of your Rheumatism. Last spring I was completely disabled with Rheumatism, and tried various remedies, baths, &c., and finally heard of your cure. I purchased and used three bottles of it, and it effected a complete cure, for I have not had a return of the disease since.

Yours truly, W. S. WISNER.

Great Britain's champion chimney (Townsend's, Glasgow) is 446 feet high. Keep it in your family. The best remedy for accidents and emergencies, for Burns, Scalds, Bruises, Soreness, Sore Throat, Croup, Rheumatism, Chills, and Pain or Soreness of all kinds, is that marvellous healing remedy, Haggard's Yellow Oil. 19.

So completely have many of the old Scotch strongholds been razed that there are bowling greens on their sites.

A Sure Thing

In the treatment of Chronic diseases with that great system renovator and restorative, Burdock Blood Bitters, there is no uncertainty as to its action, its curative powers are speedily manifest by its marked effect upon the Liver, the Bowels and the Kidneys. Every dose performing its work in a perceptible manner. 24.

London is at present paying for fire insurance over \$6,000,000 a year—40 per cent. more than the cost of maintaining 11,000 metropolitan police.

Daughters, Wives, Mothers, look to your health! The many painful and weakening diseases from which you suffer, despairing of a cure, can be remedied by that unfailing regulator and purifying tonic, Burdock Blood Bitters. Ask your druggist for proof. 20.

The Tuileries clock, which was not much damaged, and which stopped at half past 9 when the palace was burned, has been purchased by an Englishman for \$1,000.

W. T. Bray, Pharmacist, Wingham, Ont., writes that the sale of Burdock Blood Bitters has very largely increased in that locality, and adds that he hears very favorable opinions expressed regarding it, and, if time permitted, could send many names of benefited parties, 22.

Happily for the Chinese, says Dr. Young, lately of Hong Kong, nearly all their medicines are inert, such as pearls, tiger's bones, rhinoceros horns, fossil bones and other articles having no medicinal value.

A Cure for Croup. There is no better remedy for Croup than Haggard's Yellow Oil taken internally and applied according to the special directions, this is the great household panacea for Rheumatism, Stiff Joints, Pain Inflammation &c. 23.

England has a new Field Marshal—a rare event—in Lord Napier of Magdala.

Electric Oil not Electroic Oil.

The two words have very different significations, as will be seen by references to Webster. The Electroic Oil has no claim to Electric properties, only by the picture on the wrapper, which looks like begging the question. The popularity of Briggs' Electric Oil is such as to induce unprincipled persons to appropriate all the law will allow them to do. The proprietors of the original Electric Oil have no claim to the word Electroic or Thomas; but to the words Briggs' Electric they do lay claim by right, as they have made them of value to themselves.

Muscular exercise is generally the best preventive measure against "a cold."

The Natural Outlet.

In these days of construction and combination it is rare to see an active mind to keep track of the doings of the railways, and no little amount of vexation and annoyance is occasioned travelers by their own neglect to read and understand the proper routes to select for certain destinations. The railroads are usually very liberally supplied with printed folders and books of information as their peculiar advantages, but often they cloud the mind, instead of enlightening, by their word-twisting to produce the impression that they are always the "short line" and the "quick line" to all points, no matter how divergent the points may be. To Chicago, and all points reached through Chicago, however, there can be no doubt that the Michigan Central is the natural outlet from Canada, as its road runs direct from Buffalo and Niagara Falls through the southern portion of Ontario and via Detroit to Chicago. At Detroit it connects in Union Depot with the Great Western, and Grand Trunk, and at St. Thomas with the Credit Valley and tributary lines, making practically no change of cars through to Chicago. The folders and other printed matter of the Michigan Central can be found in almost every hotel and depot in the Dominion, and may be positively relied upon for accuracy and truthfulness, as the determination of its managers is to have the Michigan Central perfectly reliable in its promises, as it is in its time and superior accommodations.

King Humbert, it is said, is falling into a confirmed melancholy, and does not speak to anybody.

Could I but see Carboline made, And view the process o'er, No bald head pate would make afraid, Nor gray hairs fright me more. As now improved and perfected, No oil was ere so sure, All skin disease, of limb or head, It never fails to cure.

During the year just closed in England there were reported 28 mining explosions, 15 of which were fatal, the number of deaths reaching 241, exactly the average for the past 32 years.

Farmers, Look to Your Flocks. Lice-destroyers Tick and Verm Destroyer will kill Ticks on sheep, lice and grubs on cattle and horses. Safe to use and sure to give satisfaction. Sold by druggists.

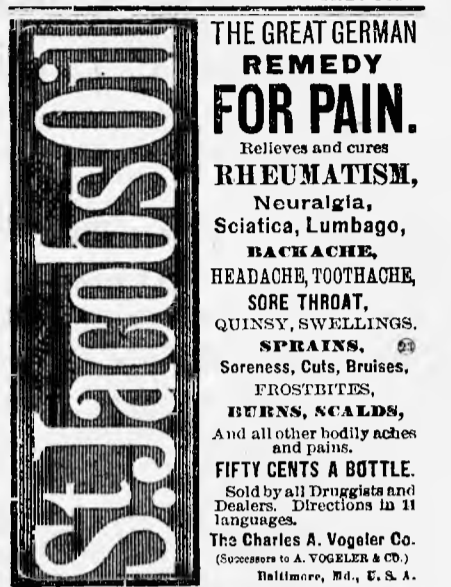
IMPURE BLOOD.—In morbid conditions of the blood are many diseases; such as salt rheum, ring-worm, boils, carbuncles, sores, ulcers and pimples. In this condition of the blood try the VEGETINE, and cure these affections. As a blood purifier it has no equal. Its effects are wonderful.

The Prince of Wales has been sporting with Mr. Hammond, a big Norfolk Squire whose mother was the wife of Mary Chaworth, of whom Byron wrote that "it had its mother's eyes."

The Source of Much Ill Temper.

When your husband comes home in bad humor, jerks off his boots, and appears to be generally miserable, do not attribute it to business cares or hard times, but to its real cause—those terrible corns constantly annoying him. A word to the wife will be sufficient—buy a bottle of Putnam's Painless Corn Extractor. His corns will be quickly and painlessly removed, and his gratitude will be unbounded. Putnam's Painless Corn Extractor sold every where.

A. P. 109



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DIANAL SHOONER FOR SALE—IN GOOD repair; class A 2½, valued at \$10,000 by inland loads; capacity, 24,000 bushels wheat and 21,000 oak timber. Apply to J. C. GRAHAM St. Catharines, Ont.

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MERCHANT TAILORING BUSINESS IN thriving western city—old established and doing a fine cash trade of \$20,000 per annum; stock of tweeds and gents furnishings about \$6,000. MACKINTOSH & PETERS, Toronto.

THREE-RUN FLOUR AND GRIST MILL for sale—in Western town of 6,000 population; all the latest improvements in our entire line; new; good water power; grinding 30,000 bushels annually; large local trade; price \$10,000; convenient terms. MACKINTOSH & PETERS, Toronto.

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