

The Messenger Almanac.

MARCH. New Moon, March 3rd, 11h. 3m. afternoon. First Quarter, " 11th, 11h. 46m. Full Moon, " 18th, 4h. 52m. Last Quarter, " 25th, 0h. 35m.

Table with columns: Day, SUN. Rise, Sets, MOON. Rise, Sets, High Tide at Halifax. Rows for days 1 Fr. to 11 Su.

THE TIDES.—The column of the Moon's Southings gives the time of high water at Parryboro, Cornwallis, Horton, Hantsport, Windsor, Newport, and Truro.

FOR THE LENGTH OF THE DAY.—Add 12 hours to the time of the sun's setting, and from the sum subtract the time of rising.

BAPTIST CHURCH REQUISITES.

- Articles and Covenant \$1.00 per 100. Church Record and Register \$2. and \$3 each. Alphabetical List of Members 40 cents each.

For Consumption

And all diseases that lead to it; such as COUGHS, NEGLECTED COLDS, BRONCHITIS, PAIN IN THE CHEST, AND ALL DISEASES OF THE LUNGS.

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IT IS WARRANTED to break up the most distressing Cough in a few hours time, if not of too long standing.

PRICE \$1 PER BOTTLE. SOLD BY ALL DRUGGISTS. April 22.

50 VISITING OR CALLING CARDS

with your name finely printed, sent for 25 cents. Agents wanted. 6 samples sent for three cent stamp.

A. W. KINNEY, Yarmouth, N. S. May 24.

C. L. WEEKS, LONDON HOUSE BUILDING, WATER STREET, WINDSOR.

SAVE 15 CENTS in every DOLLAR by purchasing your BOOTS and SHOES, HATS and CAPS from April 14.

CATARRH

CANNOT be cured by any other medicine. It is a disease of the mucous membrane of the nose, throat, and lungs.

Five Years' Sickness cured by Four Bottles of Constitutional Catarrh Remedy.

Mr. T. J. B. HARDING'S story of his cure from Catarrh.

April 4.

THE HOUSEHOLD.

HOW PEOPLE GET SICK.—Eating too much and too fast; swallowing imperfectly-masticated food; taking too much fluid at meals; drinking poisonous whisky and other intoxicating drinks; repeated use of purgatives; wearing thin shoes; neglecting to wash the body sufficiently to keep the pores open; exchanging the warm clothes worn in a warm room during the day for costumes and exposure incident to evening parties; compressing the stomach to gratify a vain and foolish passion for dress; keeping up constant excitement; fretting the mind with borrowed troubles; swallowing quack nostrums for every imaginary ill; taking meals at irregular intervals, etc.

It is not what people eat, but what they digest, that makes them strong. It is not what they gain, but what they save, that makes them rich. It is not what they read, but what they remember, that makes them learned. It is not what they profess, but what they practice, that makes them righteous.

LITTLE ECONOMIES.

I notice the history of a "Shank of Beef." I will tell you of one I bought for twenty-five cents; we had some of the meat for dinner to day, while hot, then saved enough for six mince pies, made three good Irish stews with vegetables, and one good dinner of bean porridge, besides saving a coffee cup full of good shortening, all for twenty-five cents, and we have a family of four! Was ever shank known to go so far before (even when alive)? Do you save every crumb of bread, toast, doughnut, and the like, to sift for brown bread? I do—it saves it all, and the bread is the nicer. Shall I tell you what I do with my bits of old dry cake? Soak them in as little milk as possible; beat up an egg or two, add a little more sugar, spice, and flour, and bake in muffin-irons. It is nice for tea while new, and it is a good way to use dry cake that is so unpalatable. I've been asked for my recipe for these nice tea cakes.—Cor. Household.

FRIED CAULIFLOWERS.

Clean and wash the cauliflower well and throw into salted boiling water; boil for about ten minutes if the head is large, or until half cooked. Drain and cut into small portions; dip these in batter for frying vegetables and fry in hot fat. Take them out with a skimmer and lay in a colander, sprinkle with salt and serve hot.

MUTTON SAUSAGES.

Take cold roasted mutton in large slices. Make a dressing of bread crumbs, thyme, summer savory, salt and pepper. Moisten them with an egg, and put a little on each side of the mutton. Roll it up tightly as possible, and tie. Fry them in hot melted butter until brown and crisp.

OUR DIGESTION.

When proper, natural, simple food is taken into the healthy stomach, no more is felt of it. If it be of the nature of soup or beef tea, it is absorbed as it were, by the coats and veins of the stomach. If it be meat, it is by the movements of the stomach carried round and round its cavity, and mixed up with the gastric juice, which oozes into the stomach whenever food is put into it. This gastric juice is a clear, colourless, acid fluid, which flows freely into the stomach, as we have said, whenever food is taken into it. The free acid present in the gastric juice (of the dog) is lactic acid. The gastric juice has very slight tendency to putrefaction, and may be kept for an indefinite length of time in a common glass bottle without developing any putrescent odour. The peculiar property of this fluid is that it dissolves meat, boiled white of egg, and such like substances. It does so even outside the body, assisted by the high temperature of the stomach and by its peculiar movements. Gastric juice does not dissolve all kinds of food; it does not dissolve fat, nor starch, nor oil. Its proper duty is to dissolve meat, gluten (the most nutritious part of the bread), caseine (the most nutritious part of the milk), albumen (white of egg), etc.

CHEAP MINCE MEAT.

A lady writes to the American Cultivator:—I can make a superior article of mince meat at seven cents per pound. I could not do so, however, if I put in citron or candied lemon peel at forty cents a pound, which is the usual price at retail, and which never goes below three York shillings in this market.

Instead of these expensive articles I use fresh lemons, juice and peel, which are almost as good as citron, and far more digestible, besides being so much cheaper as to keep down the average cost of the mince meat. This is what I call economy; not the doing without an article that is desirable, and perhaps necessary but the using of judgment and care in selecting proper material, and using the cheaper articles if you consider it nearly or quite as good.

AGRICULTURE.

CULTURE OF POTATOES.

As many are giving their experience on raising potatoes, I will give mine. Although my ground is ploughed in the fall, I plough it again in the spring. I then harrow it until it is very mellow. With a planker I then make it very smooth and level, and with a shovel plow I make furrows three and one-half feet apart and four or five inches deep. In the furrows, I drop, twelve inches apart, potatoes cut in halves (split from end to end, or cut through the seed end), each piece being pressed into the earth by stepping on it. I then attach a chain or rope to each end of a 4 by 4 inch scantling, making a bait six feet from the scantling in the centre; then hitch a span of horses to the centre of the rope, and ride over the furrows lengthwise. Should any remain uncovered, a man with a hoe can complete the job in a very short time. My potatoes are thus covered evenly, and come up evenly. As soon as they are fairly up, I go over them again with my scantling and cover them again. The last covering levels the ground smooth, causes the potatoes to set early, and delays the ravages of the bugs a week or more. When the potatoes are of a suitable height, I take a shovel-plow and hill up the drills slightly. When the bugs appear, I go over the drills with a common sprinkler holding 12 quarts, with a table-spoonful of Paris green in it. A man can sprinkle as fast as he can walk. When weeds make their appearance, I go over the field with the shovel-plow, raising the earth a little higher than before. The third time I put on the flanges, and thus scatter earth among the tops, to cover the weeds remaining in the hills. I never use a hoe, but go through and pull out any weeds that may remain. As often as the bugs hatch a new crop, I use the sprinkler. I plant the early varieties and as soon as ripe I dig them with the shovel-plow, having the flanges on. By ploughing deep nearly all the potatoes are thrown to the surface. They are then sorted and put into the cellar, or marketed.—Farmer, in Country Gentleman.

VARIETIES.

Strength for to-day is all that we need, As there never will be to-morrow; For to-morrow will prove another to-day, With its measure of joy and sorrow.

Insects on house plants, can be removed by putting ten drops of carbolic acid in a pint of water and pouring on the earth in the pots. It will kill the worms and simulate the plants. Red spiders can be killed by frequent sprinklings with carbolic soapsuds.

A Catholic priest was asked the difference between Romanists and Ritualists. "The difference," replied the priest, "is that the former are 'Papists' and the latter 'Apeists'."

A schoolboy, being requested to write a composition upon the subject of pins, produced the following: "Pins are very useful. They have saved the lives of a great many men, women and children—in fact, whole families. 'How so?' asked the puzzled teacher. The boy replied: "Why, by not swallowing them."

The inarticulate style of singing, which is so prevalent and so annoying to listeners, is well taken off in the following version of the opening stanza of a popular ballad:

"O lo-hove it, hi lo-hove it, And who-oo sha-hall da-hare To-hoo chi-hide me for lo-hoving That o-ho-hold ah-harm cha-hair?"

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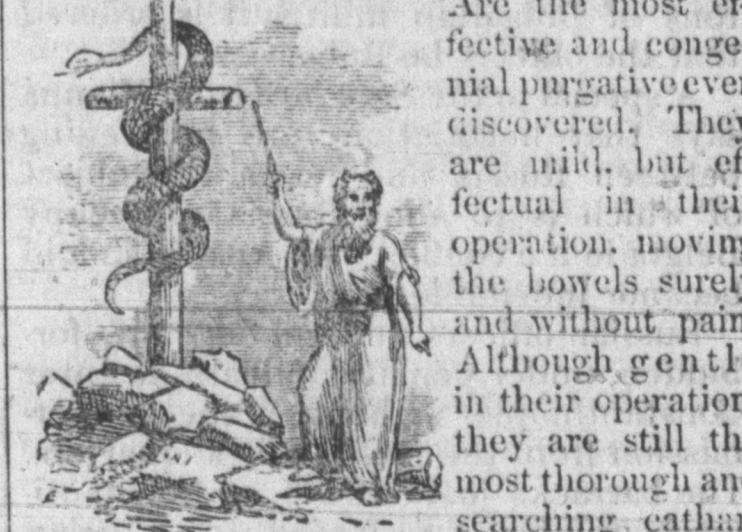
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