

The Messenger Almanac.

Table with columns for Full Moon, First Quarter, New Moon, Last Quarter, and High Tide.

Table with columns for Day, SUN, MOON, and High Tide, listing times for various days of the month.

THE TIDES.—The column of the Moon's Southings gives the time of high water at Parrsboro, 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.

FOR THE LENGTH OF THE NIGHT.—Subtract the time of the sun's setting, from 12 hours and to the remainder add the time of rising next morning.

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

HEALTH HINTS.

FOOD FOR THE SICK.—To make beef tea that has the proper nutritive power, attention to the following directions is necessary: Get a pound of lean rump-steak, free from gristle, bone, large nerves, and blood vessels. Cut into small pieces, and put in a pint of cold water to soften for two hours.

A more common preparation is to cut the beef in pieces, and after being put in a bottle, to boil it for several hours. The resultant is a thick jelly which must be dissolved in water and strained for use.

For infants and for delicate women meat may be prepared by scraping it and using the pulp. Use only lean beef, and scrape with a knife, with the grain, season to the taste with salt, sugar, nutmeg, or pepper, and give a teaspoonful as seems best.

VARIETIES.

"I want, and will have, a wife without a failing," was the remark of a young man who had had thirty seasons' experience of life.

A gentleman was disturbed from his rest in the middle of the night by some one knocking on the street door. "Who's there?" he asked. "A friend," was the answer. "What do you want?" "I want to stay here all night."

DIGESTION.—The Sanitary Record

gives the following laws relative to digestion; from such an authority they are worthy of respectful consideration, and good sense seems to be their foundation: 1. Food for the supply of the daily wants of the system is most rapidly and thoroughly digested when taken early in the day, ere the nervous and secretive forces are exhausted by toil.

PATENT FOODS.—The druggist's shelves are well stocked at the present time with all sorts of patent foods, most of which are preparations of common wheat flour with some unimportant additions. Without going to the expense of buying these costly patented articles, any one can make an easily digested and useful gruel by putting a quart of wheat flour in a cloth bag and boiling it for several hours.

THE HOUSEHOLD.

NEW WAY FOR ROLLS.—A lady says in the New York evening Post: This week when the girl made yeast bread, I said, "Work a lump of butter into some of that sponge and stand the bread pan on the stone floor in the cellar until further orders."

Put a piece of white wax in the wrappings of your parcel of kid gloves when you put them away. It will prevent their spotting. The same direction applies to white silk and satin laid away in boxes, dressers, or trunks.

STRAWBERRY SAUCE FOR PUDDINGS.

—Take two tablespoonfuls preserved strawberries, a teaspoonful lemon juice, half an ounce of sugar, and tablespoonful of cold water. Stir all over the fire until it boils. Turn out the pudding and pour around it the sauce before serving.

AT LOWER PRICES

than are obtained elsewhere for instruments of an inferior class. Sept. 27.

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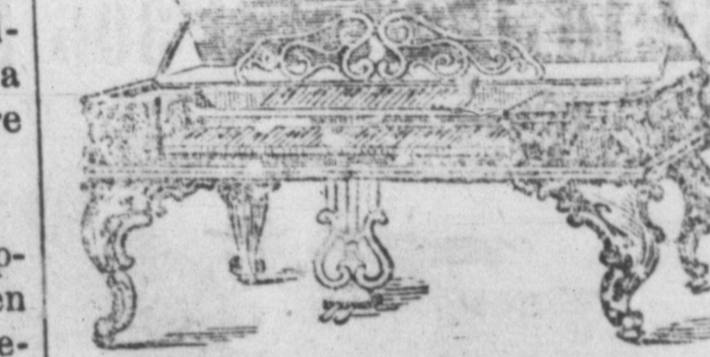
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than are obtained elsewhere for instruments of an inferior class. Sept. 27.

Agents for the Christian Messenger.

INTERCOLONIAL RAILWAY.

1879. Arrangement, 1879.

TRAINS leave Halifax:— At 8.25 a. m. (Express) for St. John, &c. At 1.30 p. m. (Express) for Riviere du Loup, Montreal, &c. At 5.30 p. m. (Express) for St. John and intermediate stations.

WILL ARRIVE:— At 8.20 p. m. (Express) from St. John Pictou, &c. At 9.15 a. m. (Express) from St. John. At 1.30 p. m. (Express) from Riviere du Loup, Montreal, &c. May 28, 1879.

SPRING HILL AND PARRSBOROUGH RAILWAY.

Connects with Intercolonial. Leaves Parrsborough at 9.30 a. m. Arrives at Spring Hill at 12.20 p. m. Leaves Spring Hill at 3.20 p. m. Arrives at Parrsborough at 6.00 p. m. May 28, 1879.

WESTERN COUNTIES RAILWAY.

1879. Arrangement. 1879.

TRAINS LEAVE HALIFAX 8.00 a. m.—(Express) Monday, Wednesday and Saturday. 8.00 a. m.—(Accommodation) Tuesdays, Thursdays and Fridays. 3.00 p. m.—Accommodation daily. Arrive at Windsor—9.35 a. m., 11.15 a. m. 5.40 p. m.

LEAVE WINDSOR: 8.35 a. m.—Accommodation daily. 1.45 p. m.—(Accommodation) Tuesdays, Thursdays and Fridays. 6.35 p. m.—(Express) Monday, Wednesday and Saturday. Arrive at Halifax 11.32 a. m. 4.45 p. m. 8.35 p. m. May 28, 1879.

WINDSOR & ANNAPOLIS Railway.

Summer Arrangement, Commencing 12th May, 1879.

Table with columns for GOING WEST, GOING EAST, and stations including Windsor, Wolfville, Kentville, Berwick, Wilmot, Annapolis, and St. John.

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