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THE CERTSINAN MESSENCER.

HEALTH HINTS.

The set of a set of the set of a set of THE BABY .- Don't be tempted to play with the baby after bathing it; square of their diameters. If you but dress it as quickly as possible, and be sure its leet are warm. There are cases when a child should not be bathed at all, if very feeble in vitality. Never use anything but white castile soap. Be very careful not to wash the ear with anything of lifting should be cut clean away but a soft rag, wrapped around the little finger; don't try to get out then more readily strike out new In many cases, a child's hearing is such cases the cut should be a clean the membrane, called the drum, is and outward direction. often so near the surface that it can 14. + 367 17 1 30 7 84 1 11 be seen.

Don't kill an infant with medicine. beware of every form of soothing syraps-the very name implies opium.

hol unless ordered by the doctor. salt, one pound; chalk or ground It is one of the easy ways to give oystershells, two pounds; red pepit a liking and craving for it. It per, four ounces, and sulphur eight familiarizes him with smell and taste ounces. Give a teaspoonful in the and gets him ready to like it by and soft feed for each fowl. The cost of 100 degrees. In drying a child Garden. do not rub it much, but pat it carefully until dry, then powder with starch or Bermuda arrow-root.

An infant that had been acci-

FARM AND GARDEN The capacity of pipes is as the double the diameter of a pipe, you increase its capacity four times.

In transplanting trees all the roots which may have become bruised or broken in the process behind the broken part, as they the wax; it is meant to stay there. roots from the cut parts. In all sieve, add to them three tablespoonfuls In many cases, a child's hearing is such cases the cut should be a clean of ham chopped finely, salt, pepper, and ruined forever by excessive washing; sloping one, and made in an upward chopped parsley to taste. Work into

A good condition-powder and egg-food for poultry is to take linseed or cotton-seed meal each, two pounds; ground bone two pounds; copperas eight ounces; baking soda, "Don't wash the baby with alco- eight ounces; charcoal one pound; by." The water in which a baby is of the above need not exceed five oven for an hour; or until soft. The washed should be at a temperature cents per pound _Farm and different varieties of the Crab and other following is according to

The Farm and Garden says that despite the constant attention which is called to the value of sheep, not only as improvers of the soil, but dently drugged with laudanum, and as profitable farm animals for wool was fast sinking to its fatal sleep, and mutton, there are many farmers milk added to make it quite moist ; put who have never raised or kept a into a buttered baking dish in alternate single sheep.

grapes, too, they do best if thinly screened from the direct blaze of sunshine. Sunflower plants for this use should be advanced in frames, the roots in blocks of roasted or scalded sod, so as to be quite as stout as the tomato plants when both are set together.—Tribune.

THE HOUSE.

POTATO CROQUETTES .- Take six boiled potatoes, pass them through this mixture the yolks of three or four eggs, fashion into balls, roll them. in bread crumbs, and fry in hot lard.

HASHED HAM.-Chop cold-boiled or fried ham fine as for hash. To every cupinl of the ham add two eggs, one teaspoon of flour, salt and pepper to taste. Fry in hot lard, as fritters, or upon a griddle

Bake apples in an earthen crock or jar with a cover on it. Put in a halfteacupful of water and bake in a hot small apples are particulary fine baked in this way! leol wated not only to you h

Rice and cheese form a cheap and palatable dish and liked by most gentlemen. The rice should be steamed until tender, then seasoned, and enough new layers, with grated cheese. the cheese to be the last layer. Bake half an

AYER'S PILLS. A large proportion of the diseases which cause human suffering result from derangement of the stomach, bowels, and liver. AVER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derange-ment, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy. The extensive use of these PILLS by eminent physicians in regular practice, shows unmistakably the estimation in which they are held by the medical profesion. These PILLS are compounded of vegetable

substances only, and are absolutely free from calomel or any other injurious ingredient.

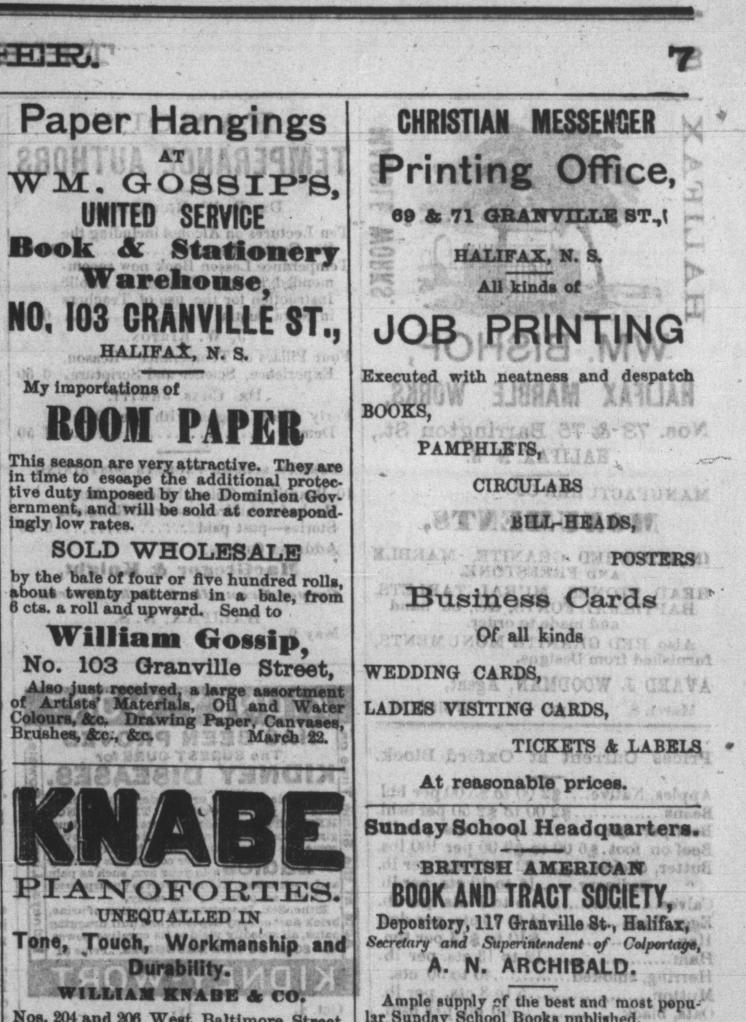
A Sufferer from Headache writes : "Aver's PILLS are invaluable to me, and "AVER'S PILLS are invaluable to me, and are my constant companion. I have been a severe sufferer from Headache, and your PILLS are the only thing F could look to for relief. One dose will quickly move my bowels and free my head from pain. They are the most effective and the easiest physic I have ever found. It is a pleasure to me to speak in their praise, and I always do so when occasion offers.

W. L. PAGE, of W. L. Page & Bro." Franklin St., Richmond, Va., June 3, 1882. "I have used AYER'S PILLS in numberless instances as recommended by you, and have never known them to fail to accomplish the desired result. We constantly keep them on hand at our home, and prize them as a pleasant, safe, and reliable family medicine. FOR DYSPEPSIA they are invaluable.

J. T. HAYES." Mexia, Texas, June 17, 1882. The REV. FRANCIS B. HARLOWE, writing The REV. FRANCIS B. HARLOWE, writing from Atlanta, Ga., says: "For some years past I have been subject to constipation, from which, in spite of the use of medi-cines of various kinds, I suffered increasing inconvenience, until some months ago I began taking AYER'S PILLS. They have entirely corrected the costive habit, and have vastly improved my general health."

AVER'S CATHARTIC PILLS correct irregularities of the bowels, stimulate the appetite and digestion, and by their prompt and thorough action give tone and vigor to the whole physical economy.

PREPARED BY



was saved by administering strong coffee cleared with the white of an egg, a teaspoonful every five minutes until the drowsiness had passed away.

BEEF TEA.-One pound lean beef, cut into small pieces, put into a jar without a drop of water; cover tight, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four AUDINEON & CO., Boston, Maruol, A merly Bangor, Me

from tobacco, gentian root coarsely broken, chewed and the saliva swallowed, is recommended as an antidote to the craving for the weed that will at first be felt.

ON OVEREATING .---- When our food is simple and natural in kind and quality and mode of preparation, there is little danger of eating too much. There is little danger, for example, of esting too many grapes, apples, pears or bananas. Salt, sugar, spices and luxurious cookery tempt to excess. With men, as with animals, a natural diet is self limiting, and we are disposed to stop when we have got enough. The more artificial the food, the more elaborate and luxurious the feast, the more the liability to overload the stomach, over-tax the digestive powers and overweigh the forces of life. Simplicity of food is a condition of health, and promotes longevity. The quantity which enables a man to do his daily work without the loss of weight is precisely what he requires. He supplies the daily waste -- no more and no less. This quantity may vary a little with each individual, but every one can easily ascertain his own measure of requirement by reducing the quantity of daily food until he finds a balance of force and weight. It is my opinion that the average of water-free aliment required, say by literary and business men, is 12 ounces. Men of great muscular activity may require 16 to 20 ounces. I have found myself in very good condition for sedentary work on 8 or 10 ounces. When any one is in good condition for his work and keeps his normal weight, he has food enough .- Dr Nichols, in Food Reform Magazine.

An occasional dose of raw onions. is excellent food for poultry, but should not be fed too freely, or the eggs will be tainted. A moderate ration twice a week will be often enough, and will have a good effect upon the health of the hens.

A Connecticut man is credited with making apple jelly from sweet cider at the rate of 200 pounds per hour. That is a "great sight" To those wishing to break off better than turning it into hard

> ABTIFICIAL FEEDING OF LAMBS .----It frequently happens that artificial feeding of lambs is necessary, and to do it successfully good judgment is required. The point is to promote a healthy and rapid growth and pour the stock through it; every and not allow the lambs to scour. The milk of some cows, especially Jerseys, is too rich, and should he diluted with a little warm water. be found very juseful, especially where Farrow cows milk, alone, is not a good feed, since it frequently causes constipation. It may be given by adding a little cane molases. Milk when fed, should be at about its natural temperature, and not scalded. Lambs, and especially 'pet lambs, are often 'killed with kindness.' Feed only about a gill to a half pint at first. After the lamb has become accustomed to the milk it may be fed to the extent of its appetite. When old enough, feed a little flaxseed and oats, or oilmeal if early fattening is desired. There are various methods of feeding young lambs artificially. A satisfactory way is to use a one-quart keroscne oil can with the spout Scald the ears a few minutes until the

Ill good ead of wild they have size RICE MUFFINS .- Two cups of cold boiled rice, one pint of flour, one teaspoonful salt, one tablespoon sugar two teaspoons of baking powder, one half-pint of milk, three eggs. Mix into a smcoth and rather firm batter,

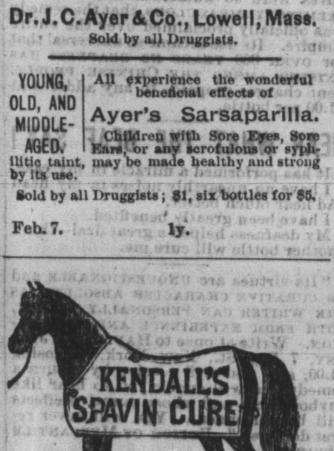
BATTER PUDDING .--- One and onehalf cups of flour, one teaspoon baking powder, one-half tea-spoon salt, one tablespoon butter, two eggs, one pint of milk. Steam one hour, and serve with cider for the making of drunkards sauce. By adding a cuptul of raisins, or any other desirable fruit, either fresh or dried, to the above pudding, makes a most delicious dish.

The Greatest Blood Purifier

To TAKE FAT OFF SOUPS, GRAVIES, JELLIES, &c.-Thoroughly wet a cloth, such as a glass cloth, with cold water particle of fat remains in the cloth, and your stock is as free from fat as if it had been allowed to get cold and the fat removed in a cake. This hint will beef tea, soup, or jelly has to be prepared for invalids, which is often needed in a hurry. The fat can be melted and clarified, and is quite as good when removed from the cloth as if taken off in a cake. For this information we are indebted to a lady friend in Scotland ; having tried and proved its perfect success, we gladly impart the information to your readers. Acadimi t sibash

A DAINTY DISH. -A dish to be served with cake and berries is made by grating a fresh cocoanut, beating the white of five eggs to a stiff froth, adding two large spoontals of sugar and a pint of thick, sweet cream, and beating this also till it is very light.

Ruth Kent says Every summer I dry a quantity of corn in this way :





ver discovered, as it is certain in its effects and does not blister. Also excellent for human flesh. READ PROOF



DR. B. J. KENDALL & Co., Gents :--I think it my duty to render you my thanks for benefits and profits which I have de-rived from your invaluable and far famed Spavin Cure. My cousin and I had a valuable statilion worth \$4000 which had a very bad spavin, and was pronounced by four eminent Veterinary Surgeons beyond any cure, and that the Horse was done forever. As a last resort I advised done forever. As a last resort I advised my cousin to try a bottle of Kendall's Spavin Cure. It had a magical effect, the third bottle cured it and the horse is as well as ever. Dr. Dick of Edinburgh, the emminent veterinary surgeon was an uncle of mine, and I take great interest in assisting his profession.

Yours truly, JAMES A. WILSON. Civil Engineer.

KENDALL'S SPAVIN CURE

West Enosburgh, Vt., Feb. 15th, 1881. DR. B. J. KENDALL & Co., Gents :--Several months ago I injured my knee joint which caused an enlargement to grow the size of a large walnut and kerosche oil can with the open-fixed so as to attach a nipple; the milk flows more freely from this than from a bottle, on account of Lot ewes and lambs have uine the plates will be found half full of the plate plates will be found half full of the lameness and pain. I have long known it to be the best liniment for the plate plate plates will be found half full of the lameness and pain. I have long known it to be the best liniment for human flesh that I am acquainted with. Yours truly, T. P. LAWRENCE.

Nos. 204 and 206 West Baltimore Street. Baltimore. No. 112 Fifth Avenue, New York. Nov. 2.

1872 MUSIC CARD. 1883

The Gates' Organ and Piano Company, (Limited.) Capital \$60,000-Encourage Home Enterprize.

Prof. C. E. Gates, President; W. J. Gates, Manager; G. O. Gates, Superin-tendent. Factory TRURO. Warerooms HALIFAX & TRURO, N. S.

FOR SALE. --- Pianos, Organs, Music Stools, Sheet Music, Music Books, and all kinds of Musical Instruments. Pianos and Organs fully warranted. "SUDDS" Famed 190 page Organ In-structor only \$2.50. " New 300 page Piano Instructor only \$3.50 and \$2.00.

The Musical Journal published monthly by the Company,

(120 pages New Music). Price only 60 cents per annum. Jan. 31.

TO DRS. BENNET AND LEWIS, 119 HOLLIS ST., HALIFAX.

DEAR SIRS :- "I desire to express my feelings of profound gratitude to you who have helped me so much by the use and application of your wonderful medicine known as your Absorptive Pads and Plasters. I was sick about two years, and spent a large sum of money with Physic-ians but received very little benefit until I tried your Absorptive treatment. When I commenced using it this summer I could scarcely walk across the floor, and now I can walk a mile at a time, and attend to household duties much better than I could before and feel only too glad to recommend this truly great treatment to any person or persons who may be afflicted as I was. You are at liberty to make any disposition of this note you may deem proper.

MRS. R. HIBBARD. Hebron, Yarmouth.

This treatment can be applied effectivey without interview where full particulars of case are sent by letter. Nov. 21,



Designs, Plans and Specifications pre-pared for all classes of Buildings. Also: Rural Cemeteries surveyed and planned. Yarmouth, N. S. Oct. 12.

lar Sunday School Books published. HALF PRICE-Books of Religious Tract

Society, London ; STRONGEST BINDING, SU-PERIOR TYPE. Sold both through the Depository and the Society's Colporteurs in lots to suit the Schools.

50 Volumes for from \$6.00 to \$8.00. The Committee have been selecting from the leading Publishing Houses of Great Britain and America for 15 years the choicest S. S. publications, and have made a specialty of Libraries, Periodicals, Lesson Helps, Cards, etc.

PELOUBET'S SELECT NOTES ON INTERNA-TIONAL S. S. LESSONS, postpaid \$1.25.

HACKETT'S COMMENTARY ON ACTS, edited by Dr. Hovey, of Newton, postpaid, \$2.

People's Home Mission Agency.

The Society has been in operation 15 years. Colporteurs to the number of 102 have been employed, who have distributed Bibles and good books worth \$141,236 by sale, and books and tracts valued at \$10,081 by grant. Total grants by the Society, including those from Depot, more than \$16,000 worth. Time served by the Col porteurs equals that of one man for 142 years. Labrador, Newfoundland, Cape Breton, P. E. Island, Nova Scotia, New Brunswick, and a portion of Quebec have been explored. There have been found 1,525 families without God's Word; 2,582 families with no other religious book; and 2,545 families who habitually neglect attending any place of worship. The 26 Colporteurs employed in 1882 performed labor equal to that of one man for 12¹/₄ years; found 205 Protestant families without Bibles, 279 with no other religious books, and 373 families who never enter the House of God. They sold books worth \$13,382, and made free grants to the value of \$913, as they made 31,679 family visits, and held 625 religious meetings.

The books circulated are sound and good, teaching the RUIN of man by the fall, REGEN-ERATION by the Holy Spirit, and REDEMPTION through our Lord and Saviour Jesus Christ. They are eminently designed to spread abroad Divine truth, and they are accepted by those that in every place call upon the name of the Lord. They give no uncertain sound upon the essential doctrines of the Cross: Justification through the blood of the Redeemer, holiness through the sanctification of the Spirit, and complete redemption through God's grace alone. Books and tracts designed especially to awaken the impenitent and point to Jesus are imported in great numbers. Almost 10,000 "Come to Jesus" were distributed last year.

The prayers of all God's people are earnestly requested for the Spirit's power to accompany the reading of the books and the evangelistic efforts of the Colporteurs. A copy of the last Annual Report, giving much interesting information and copious extracts from the Colporteurs' reports, will be sent on application to the Secretary.

American Baptist Publication Society. As advertised last year, we continue to order the publications of the above Society upon which we allow a discount of FIFTEEN per cent, excepting periodicals, from the catalogue prices. As compared with the issues of the British houses these books are expensive. Catalogues will be supplied upon application, and those ordering can decide for themselves. The Psalmist, published in the United States for 85 cents, we continue to sell for 75 cents. From our Depot and through Colporteurs about 5,000 Psalmists have been already sold. Donations to Dec. 31st, 1882, in aid of Colportage, \$40,127 ; amount paid by Society to Dec. 81st, 1882, for Colportage, \$63,250.

The Sanitarian makes the following good suggestions, which many sick persons will do well to attend to :---

o M sotting:

turn them out into the yard. If it salt draws out the water and the corn is not convenient to let the ewes dries quickly and does not sour and out, arrange partitions and pens, so that the lambs may enjoy the sunlight .- American Agriculturist.

Dahlia roots may be split to advantaged a gaindiged a se

SUNFLOWERS FOR TOMATOES .- The use of the sunflower as a living stake lean, and two quarts navy beans ; let use of the sunflower as a living stake for tomato plants continues to be re-commended by those who have tried it, especially where fowls are kept ——the sunflower seeds being excell-ent feed for them. A little more room is left between hill and hill, it as there are two plants to be fed of instead of one, but in a garden about "Courage is a wonderful agent as there are two plants to be fed in throwing off disease. A walk of instead of one, but in a garden about them into a bean pot, first a slice of five miles would cure many an oc- forty inches will do very well, as pork, then the beans, with four tablecupant of the lounge. Will-power the tomato plant iskept strictly erect spoons molasses, and then the remainwill surpass pill-power in nine cases to the great advantage of the circul- der of pork with rind uppermost, well out of ten, if not in every one. To ation and the fruit. The side scored, season with pepper, and salt if hold a bottle of smelling salts in the branches are pinched at one leaf needed; and cover with the liquor left hand on account of headache may be beyond the first bunch of blossoms in the pot and hot water, bake from just the thing at times, but to fling on each, and the top as soon as not injure them; add hot water as a pound of fruit cake into the alley, enough of fruit is set to be sure of needed, keep cover on pot till an hour and then walk a furlong as a reward complete maturity. Tomatoes, like before serving, remove and let brown. for not eating the compound, is grapes must have light and warm For those who object to park, corned nearly always a much better thing." air to attain fine flavour, and, like beef will be found a good substitute.

advantages of this method are that the insects do not trouble it. When wanted for use, soak over night in pleaty of warm water; turn off and cook gently in milk (or milk and water) and season with butter and you will find it almost as good as green corn.

pounds side pork, not too fat nor too four to six hours, or even longer will ALALINA ...

KENDALL'S SPAVIN CURE

wanted fer use, soak over night in pleaty of warm water; turn off and cook gently in milk (or milk and water) and season with butter and you will find it almost as good as green corn. PORK AND BEANS.—Take two pounds side pork, not too fat nor too now known to be the best liniment for man ever used, acting mild and yet

Sold by all Druggists. Jan. 17. 1 year.

Just Published Walker's Pronouncing Diotionary of the English Language. CHEAP EDITION for sale by

A. & W. MACKINLAY,

1879-Provincial Exhibition-1879

Fraser & Sons, 82 & 84 Barrington Street, Halifax, N. S. EXHIBITED SQUARE AND UPRIGHT PIANOS, -And were Awarded-DIPLOMA AND HIGHEST PRIZE.

These Pianos were not got up for exhibition, but were our ordinary manu-facture. We invite inspection of our instruments; all first class and warranted to give satisfaction. Organs Tuned and repaired.

Nov. 5,

\$72 A WEEK. \$12 a day at home Costly Outfit free. Address TRUE & Co., Augusta, Maine "Sept. 29, 1880.

Patronize the Depository and thus aid Colportage, to which all accruing profits are applicable. Jan. 81.

PURE GRAPE JUICE! **UNFERMENTED WINE!**

For Sauramental and Medicinal use.

Prepared from a very fine quality of CONCORD GRAPES, grown in Vineland, New Jersey, and so rich in the proper-ties of the Grape that it can be diluted about one-third if desired. It is very carefully prepared and so thoroughly clarified that there need be no fear of fermentation. It retains the delicate aroma, delicious flavor, and life properties of the Grape, and will keep for any length of time in a cool cellar. It is offered with every confidence as the finest quality of Unfermented Wine, or Grape Juice ever offered. It is put up in pints and quarts, and for sale at

TAYLOR'S Drug and Prescription Store, 69 BARRINGTON STREET.

March 28. 2 m.