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CHRISTIAN MESSENGEK.

HEALTH HINTS.

CURING WEAK EYES .- Bathe your eyes daily in salt water; not salt enough though to cause a smarting sensation. Nothing is more strengthening, and we know several persons who, after using this simple tonic for a few weeks, had put aside the spectacles they had used for years, and did not resume them, continuing, of course, the oft-repeated daily use of salt water. Never force your eyesight to read or work in insufficient or too broad light. Reading with the sun upon one's book is very injurious to the eyes. -Exchange.

RHEUMATISM.-Rheumatism, like geut, is a consequence of dietetic abuses. Counter-irritants, hot baths, the only permanent specific is fastday a hunger cure benumbs the pain. feed upon its own tissues, seems to undergo a process of renovation which alone can reach the root of the complaint. Exercise and great abstemiousness will prevent a relapse.

ton slightly moistened with linseed basin. Make it all into a very soft all the better tor giving them. These oil has an almost magical effect in paste with buttermilk. Sprinkle you can root for use in the garden.

SCROFULA.-A scrofulous taint is

HOUSEHOLD.

POTATO PIE.-Boil half-a-dozen potatoes (peeled) until done; mash fence may be made in a day. them through a colander; beat four eggs light, and cream one cup of sugar and half-cup of butter, add these to the potatoes, beating all days earlier than those grown on etc., can effect a brief respite, but until perfectly light; then add one pint of milk, two teaspoonfuls of esing. Before the end of the second sence of lemon or vanilla; line two pie-pans with pastry and bake them The organism, on being obliged to until nearly done, then fill them with the custard and bake until brown. Serve cold.

SODA SCONES .--- In baking scones, take two breakfast-cupfuls of flour, a pinch of salt, one large spoonful of sugar, one teaspoonful of carbon-BURNS AND SCALDS.-Loose cot- ate of soda, and mix together in a

DRIVING FENCE POSTS. - Much in some cases hereditary, and yields | needless labour used to be performonly to years of dietetic reform. ed in digging post holes for fences. But, on the whole, there is no more On almost all land every purpose perfectly curable disease. In all but | can be served by sharpening the its most malignant forms, it yields ends of posts and driving them down readily to the influence of pure air the required depth. The work may and pure food, out-door life, and a be still further lessened by riggwholesome vegetable diet. Skin- ing up on the hind end of a waggon cleaning nostrums only change the an upright frame with pulleys so form of the disease by driving it as to life a heavy maul that is to from the surface to the interior of come down on the post when placed the body.-Popular Science Monthly. in position. Two blows of this maul will generally send the post down deep enough. With a team on the waggon and the posts strung along as required a long line of

> Tomatoes raised on a poor, light soil will ripen from a week to ten rich soil. The latter will give a rank growth and large, showy fruit.

Scald the milk for calves having the 'scours' says the Prairie Farmer. It checks the complaint gradually and does no harm to digestion.

THE FLOWER GARDEN .- Now is the time to look ahead to the summer garden. Every plant of Geranium, Helio. trope, Fuchsias, and Coleus will furnish half a dozen cuttings or more, and be relieving the pain of severe burns. plenty of flour on the bake-board, The best plan I have ever followed for rooting cuttings is this : Take soup plates and fill with clear sand. Saturate this sand thoroughly. You must keep it wet all the time but not muddy. Never give enough water to make the cuttings rot before roots form. Insert the cuttings in this wet sand, and set the plates in a warm place. It need not be a shady one-indeed, I generally select a sunny one, on account of the heat thus obtained-but any warm place will do. Not one in a dozen of these cuttings will fail to grow. I seldom lose any if they are taken from the plant when in the right stage of growth, Young and healthy shoots are best. Never use old, woody, stalks. In this way you can secure plants enough from your window-garden to fill several beds on the lawn, or in the yard, next summer, without damaging your winmiss them.-E. B. R., in Good Cheer.





the feverish condition of the patient | working it a little put aside, and cut requires cooling ablutions and the the desired quantity for one round free use of ice-water, both topically scone, roll out, and bake for five and as a sedative beverage. Slight minutes on each side. burns can be treated with any emollient application, and a piece of common court-plaster is sufficient to protect the sore till a new skin has formed under the blister.

tables are those containing sulphur | sugar and butter, the cakes are betsuch as onions, leeks, water-cresses | ter. They will keep months in a radishes, mustard and cress, etc. Their use should be shunned by people of weak digestion. If they are not digested, they produce sulphurated hydrogen and bad breath and uncomfortable distention from that gas. Celery is a salutary vegtable; so are some roots. Carrots and parsnips, if thoroughly cooked, will be better digested than turnips as the latter also contain much sulphur. Steaming these vegetables is far better than boiling them, and preserves the sugar in them. All fibrous materials should be avoided, such as cabbage stalks, green leaves with strong or coarse fibres, green beens, with fibrous skins, etc. Whatever is used of vegetables must be thoroughly well cooked and reduced to a pulp without losing its nourishing properties. Steaming, whereever it can be employed, is therefore better than boiling. Salads can only be used sparingly, made of dainty heod lettuce, the leaves having been well picked. Cucumber can never be eaten raw, but if stewed it is digestable. Of fruits the berries are the best. Strawberries eaten with sugar, or raspberries, are better than currants; oranges are good eaten without the skins; apples or pears must be eaten sparingly, and are best stewed with sugar and a little spice. Oranges ought to be

When inflammation has supervened, and turn the paste out on it. After

GINGER SNAPS. -One cup butter, one cup sugar, one cup molasses, one third cup ginger, one teaspoonful soda, flour to make stiff dough. If the butter, sugar, molasses, and INDIGESTION .- Among our vege- ginger are warmed enough to melt close vessel.

> Soaking a ham over night before boiling takes away much of its saltness and rancidity. It will also dow-pots in the least. You will never cook in less time and have a better flavor than if not previously soaked.

LEMON BUTTER.-Grate two lemons, add two cups of sugar and a piece of butter the size of an egg; add three eggs, beat well, then stew until thick enough. Stir all the time while cooking.

FARM AND GARDEN.

HORSE MAXIMS.-Never allow any one to tickle your horse in the stable. The animal only feels the torment and does not understand the joke. Vicious habits are thus easily brought on.

Let the horse litter be dry and clean underneath as well as on top. Standing on hot, fermented manure makes the hoofs soft and brings on lameness.

Change the litter partially in some parts and entirely in others every morning; brush out and clean the stall thoroughly.

To procure a good coat on your horse, use plenty of rubbing and brushing. Plenty of 'elbow grease' avoided unless eaten without the opens the pores, softens the skin

VARIETIES.

' My lady's little feet are my boast,' was what a bard attempted to sing, but the proof-reader thought he had made a mistake, and changed it to ' My lady's little feet are my boats.'

An English correspondent of Harper's sends the following: "Our minister, Rev. Mr. S-, was preaching a kind of farewell sermon before leaving town for a few weeks' holiday. You may imagine our feelings, when he said, in finishing up, 'I leave you my blessing, brethren, and may the Lord be with you until I return !"

"Oh! my !" exclaimed little Edith, upon her first entrance into the rollerskating rink. "They are all on casters! Aint they?"

"How do you pronounce 's-t-i-n-g-y?" asked the teacher of the dunce of the class. The boy replied. " It depends a good deal on whether the word refers to a person or a bee."

A gentleman met an uncertain acquaintance, who said : "I'm a little short, and should like to ask you a conundrum in mental arithmetic." " Proceed,' replied the gentleman. "Well," said the short man, "suppose you had Use the curry-comb lightly ten pounds in your pocket, and I should ask you for five pounds, how much

NO, 103 CRANVILLE ST., ENGLISH-Adviser, Band of Hope Review, Child's Own Magazine, Children's Children's Messenger, My Little Friend, 14c. each per year. Child's Paper, 17c. each. Family Friend, British Work-My importations of man, British Workwoman, Children's Friend, Sunshine, Infant Magazine, Child's Com-**BOOM PAPER** panion, Cottager and Artizan, 28c. each per year. Christian Herald-weekly mailed

pulp; lemons, however, may do good and promotes the animal's general if they are made into a lemonade health. with warm water and sugar. Nuts are entirely to be done away with. Of vegetable beverages we have tea coffee, and cocoa to consider. There is no doubt that tea has a refreshing every night. Dirt, if allowed to influence on the digestive organs, if used moderately and not in too strong an infusion. It is better, however, not to use it in the morning quite dry. He will probably get a for a weak digestion, as it will stim- chill if neglected. ulate too soon, and rather weaken than strengthen the flow of the gastric the first thing is to walk him about juice at that time. One cup of tea a day is all that can be allowed for the This prevents him from taking cold. dyspeptic. Coffee, when well roasted, is made strengthening in its effects, but it must not be taken too strong; and, more than this, it must not splinters, soothes the animal and enhave been boiled, but only have had the infusion taken off.-Food and Health.

EMETICS. - Tepid water is a prompt and a most harmless emetic. sible, without being tied up to the In urgent cases, poisoning, etc., add | manger. Pain and weariness from a a modicum of white mustard and continued position induce bad habits tickle the fauces with the wing and cause swollen feet and other feather of a pigeon or any similar disorders. object. Excessive vomiting can be Look often at the animal's legs checked by stimulating applications and feet. Disease or wounds in to the pit of the stomach and the these parts, if at all neglected, soon extremities.

When used roughly it is a source of

great pain. Let the heels be well brushed out

cake in, causes grease and sore heels. Whenever a horse is washed, never leave him till he is rubbed

When a horse comes off a journey, till he is cool, if he is brought in hot.

Let his legs be well rubbed by the hand. Nothing so soon removes strain. It also detects thorns or ables him to feel comfortable.

Let the horse have some exercise every day; otherwise he will be liable to fever or bad feet.

Let your horse stand loose, if pos-

become dangerous.

the prompt reply.

AT THE KINDERGARTEN .- ' Now children, what is the name of the meal Buds and Blossoms 75c. year. you eat in the morning?' 'Oat meal,' replies a precocious member of the class. lish Periodicals and Magazines.

would remain ?" "Ten pounds," was

A lady lately offered four prizes to the scholars of the Boston schools, for the best historical essays. Three of Baptist Pamphlets — A, B, C, D, 1672 pp.\$8 00 containing the most approved small these prizes were taken by girls in the Latin and High Schools.

Baptist Doctrines—excel't value, \$2, 2.75, 8 Progress of Baptist Principles, 150 A young lady informed her friend on the train, the other day, loud enough Christian Doctrines-Pendleton, The Church-Hovey, for others to hear, the depth of the hem on her graduating dress for next June. Howell on the Deaconship, Law's Call to Christians, It is well to decide important matters Madison Avenue Lectures, Manual of Theology-Dagg, "-Hovey, in time.

PULPIT COMMENTARY, Graves Ditzler Debate-sheep, There is an inscription on a tomb stone in the old cemetery in Newport, Josephus—cloth and Sheep, Young's Analytical Concordance, R. I. reading :- ' The human form respected for honesty and known fifty BIBLES in a variety of bindings and prices. years by the appellation of Christopher Ellery began to dissolve in the month of February, 1789.'

Send for Catalogue—CASH must accom-pany the orders for Sunday School Helps and Periodicals. Money Orders and Drafts drawn payable to Baptist Book and Tract The following is a literal transcript of a sign on a Pennsylvania village store : 'Tea and Taters, Sugar and Shingles, Brickdust and Lasses, Whisky Tar and other Drugs.

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Jan. 31.

Oct. 12.

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