



It is absolutely pure. It costs only one-tenth cent a day per hen if you buy it in large cans. It will increase the profit from your poultry this winter. To be profitable your pullets should lay now. All your hens should be in condition to lay daily while eggs are high. It assures perfect assimilation of the food elements needed to produce eggs.

If you can't get the Powder send to us. One pack, 25 cts. 1/2 doz. \$1. Large two-lb. can, \$1.20. Six cans, exp. paid, \$6. Sample copy best Poultry paper free. L. S. JOHNSON & CO., Boston, Mass.

**GATES' Invigorating Syrup,** Well known throughout the country, is an excellent TONIC, PYSHIC and APPETIZER. **Safe and Reliable** and should be in every house. For Coughs, Colds and La Grippe a little night and morning will soon break them up. DYSPEPTICS will find great relief by taking a little after eating. For Irregularities of the Bowels nothing can be found to excel it, as it causes no griping or pain. For Asthma and Palpitation of the Heart one swallow gives instant relief. It is an invigorator of the whole system, has been well tested already, and will do all that we say of it. Put up in large bottles at 50 cents each and sold everywhere.

**RHEUMATISM CURED**

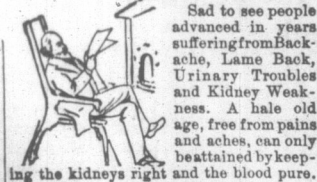
Sufferers from Rheumatism have found great benefit from using

**Puttner's Emulsion** the Cod Liver Oil contained in it being one of the most effectiver emedies in this disease.

Always get **PUTTNER'S** it is THE BEST.

Largest Foundry on Earth making **CHURCH BELLS & PEALS** Purest copper and tin only. Terms, etc. free. **MOSHANE BELL' FOUNDRY, Baltimore, Md.**

**Hale Old Age.**



Sad to see people advanced in years suffering from Backache, Lame Back, Urinary Troubles and Kidney Weakness. A hale old age, free from pains and aches, can only be attained by keeping the kidneys right and the blood pure. **DOAN'S KIDNEY PILLS** befriended the aged by freeing them from pain and correcting all Disorders of the Kidneys and Urinary System. Mr. Thomas Ash, an old resident of Renfrew, Ont., spoke as follows: "I am 72 years of age, and have been troubled for a number of years with pains across my back. When I would stoop over it gave agonizing pain to straighten up. I was so bad that I could scarcely walk. I have taken many kinds of medicines, but got nothing to help me. Being recommended to try Doan's Kidney Pills I got a box. After taking three doses I noticed a great change for the better, and I can now get around as smart as a cricket. I can split my own wood and am, in fact, just like a new man."

**The Home**

**The Morning Bath.**

"Of all forms of prevention of disease," says a well-known physician in Health Culture, "none appeals so directly to common-sense as that of baths." Yet thousands of intelligent men and women go through life with the conviction that the Saturday night "scrub" is all the bathing that is required for either cleanliness or health. This limited use of water on the part of those living in the country is no doubt largely due to the lack of bath-rooms in their homes. Indeed in many American families the habit dates back to the old colonial times when the severe winters and fireless bedrooms made the morning bath an impossibility. But to-day there are very few farm-houses and village homes where there is not some provision for warming the sleeping-rooms sufficiently to at least "take off the chill," and where this is done, one can indulge in a morning bath through the entire winter in safety—that is, if properly taken. "I have had to give up my morning bath," remarked a visitor the other day; "I became so chilled from standing in the water." But why stand in the water at all? Begin the bath at the feet, on first stepping out of bed, using either cold or tepid water, and rubbing them vigorously until they are thoroughly dry and warm; then, when fully shod, slip the night-wrap down to the waist and bath quickly—with a good dash of cold water over the throat and chest—and after a little brisk friction with a knitted mitten or towel, put on a flannel vest or wrapper before finishing the bath. When this plan is followed no part of the body is exposed long enough for one to run any risk of becoming chilled, and though at first it may seem a task, it will soon, if persevered in, come to be regarded as a luxury. For a bath of this sort a flannel mitten is much more satisfactory than a sponge, and an ordinary wash-bowl answers quite as well as a bath-tub.

"But I have no time for a morning bath," pleads the hurried housewife, and the equally hurried business man. Yet one can easily bathe from head to foot in ten minutes, and it is well worth one's time to rise ten minutes earlier for the sake of accomplishing it. "For twenty-five years," said a lady, in discussing the subject not long ago, "I have rarely omitted my morning bath for a single day; and during all that time I have but once had to call a doctor." Yet as a girl she was so delicate, and so subject to a cough, that consumption was feared. "If I had a dozen children to bring up," she added, "they should all be trained to take a daily bath, for it not only dissipates the ill that flesh is heir to, but sweetens one's temper for the whole day."

**Deep Breathing.**

The art of inflating the lungs to their utmost capacity—in other words, the art of deep breathing—is an exercise that is more and more attracting the attention of those who realize the benefit and necessity of physical culture. Naturally, as the air makes food for the lungs, which make good blood, upon which depends the strength of the system, it is important to have good and abundant air for the lungs to utilize. It is a fact, however, attested by physicians, that the majority of people do not ordinarily fill the lungs in breathing. To overcome this tendency, the habit of taking deep inspirations daily should be formed. Blaikie goes so far as to say that as many as 1,000 or 2,000 deep inspirations should be taken every day; but if those who are not accustomed to this exercise would begin with twenty-five, or even ten, a day, it would be taking a step in the right direction. This number could be gradually increased. A tendency to consumption—that scourge of the human race may be overcome, indigestion, fever, sea-sickness and many other ills are declared to be helped, if not cured, by this treatment, and the benefit to all who persevere in the habit of taking deep and full inhalations of good air can scarcely be estimated. The method is a simple one. Draw in the breath slowly through the nostrils—never through the lips—until every air cell

in the lungs is full. Hold the breath for a little time without straining, and then slowly expel it. Repeat this many times a day.—Ex.

**Household Items.**

A simple disinfectant to use in a sick-room is made by putting some ground coffee in a saucer, and in the centre a small piece of camphor-gum. Light the gum with a match. As the gum burns, allow the coffee to burn with it. The perfume is refreshing, healthful and inexpensive.

Stockings, not socks, should always be worn by children, as it is not right to expose any part of the legs. Many mothers, however, prefer socks, as the children rub through the knees of the stockings so quickly, but this difficulty may be obviated by putting a neat patch over the knee of each stocking, the patches being cut from an old pair. Stockings with double knees may also be obtained from any hosier's.

All mincemeat is better for being prepared some time before it is needed, provided it is kept in a cool place. Some old housekeepers prefer to allow their mincemeat to become icy, and thaw it out when it is needed. This is not a desirable thing to do. There is always some loss of flavor in any refrigeration. To have mincemeat at its best, it must be kept several weeks at just as cold a temperature as possible without freezing it.

Scotch cake was one of the familiar cakes of old holiday time. Beat a pound of butter to cream and stir in three quarters of a pound of powdered sugar and a pound and a half of warm flour which has been sifted together. The mixture will be in crumbs. Press it together with the hands, and when it is perfectly mixed mould it into thin oblong cakes. Scatter caraway comfits over them and lay them on papers in shallow baking tins. Bake them rather slowly. These cakes will keep a month.

Everlasting paste—Dissolve a teaspoonful of alum in a quart of water; when cold stir in as much flour as will give it the consistency of cream, carefully beating up all lumps. Stir in half a teaspoonful of powdered rosin, and pour on this mixture a teacupful of boiling water, stirring well. When it becomes thick pour into an earthen jar, cover and keep in a cool place. When needed for use, take some from the stock and soften with water. Paste thus made has been known to keep in good condition for at least twelve months, and can be made more pleasant by adding oil of cloves.

**This is the Time for Making Old Things New.**

Diamond Dyes are the True and Unfailing Agents.

In November thousands of women will be coloring dresses, skirts, jackets, coats, vests, pants, shawls, wool yarns and carpet rags.

The dyeing operation is an important one and demands great care. The principal point is to secure the right dyes—colors that are pure, bright and fast to washing and sunlight. The Diamond Dyes—the only guaranteed dyes on earth—possess all the grand qualities that make perfect and true colors. Diamond Dyes have such a universal sale that unscrupulous dealers make efforts to imitate them. If you would be successful in dyeing, avoid all crude imitations. Promptly refuse all dyes recommended by dealers to be just as good as Diamond Dyes. The Diamond Dyes are the best in the world, and all dealers are aware of the fact.

**C. C. RICHARDS & Co** DEAR SIRS,—I have great faith in MINARD'S LINIMENT as last year I cured a horse of Ring-bone, with five bottles. It blistered the horse but in a month there was no ring-bone and no lameness. DANIEL MURCHISON. Four Falls, N. B.



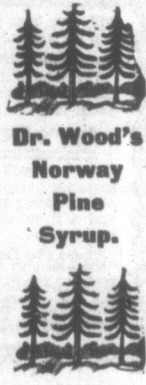
**"Raised on it"**

NESTLE'S FOOD is a complete and entire diet for Babies and closely resembles Mother's Milk. Over all the world Nestle's Food has been recognized for more than thirty years as possessing great value. Your physician will confirm the statement. NESTLE'S FOOD is safe. It requires only the addition of water to prepare it for use. The great danger attendant on the use of cow's milk is thus avoided.

Consult your doctor about Nestle's Food and send to us for a large sample can and book, "The Baby," both of which will be sent free on application. Also ask for "Baby Birthday Jewel Book."

NESTLE'S FOOD is sold by LERMING, MILLS & CO., 53 St. Sulpice St., Montreal.

Better stop that cough now with a few doses of **Dr. Wood's Norway Pine Syrup** than let it run on to end perhaps in Bronchitis, Pneumonia or Consumption. It's a wonderful lung healing remedy that cures the worst kinds of coughs and colds when others fail. Price 25c. & 50c. All dealers.



**LAXATIVE LIVER PILLS** Cure constipation, biliousness, sick headache and dyspepsia. Every pill guaranteed perfect and to act without any griping, weakening or sickening effects. 50c. at all druggists.

**The Ravages of Consumption.**

**The White Plague on the Increase.**

A Cure Now Within the Reach of Every Sufferer.

The remarkable increase of deaths from Consumption (tuberculosis) within the last few years is now attracting the attention and earnest consideration and study of the leading medical authorities of Europe and America. And the most strenuous efforts are being made to check its further development. Many eminent men suppose that Consumption cannot be cured, but not so with the great scientist and chemist, Dr. T. A. Slocum, who asserts that this terrible malady has never been thoroughly studied in its various bearings, and says that consumptives are constantly being sent to sanitariums with the hope of prolonging life for a short time, rather than for the purpose of effecting a cure. Dr. Slocum has made consumption a life-long study, and he claims that not only can life be prolonged, but a complete cure can be effected, even in the latest stages. The Slocum Cure is not an experimental remedy; but it is the result of laborious study and practice, each ingredient in its composition having been selected for a special and powerful bearing upon the cause of this dread disease. If his remedies (The Slocum Cure) are persisted in for a reasonable time, a perfect and a permanent cure can be effected.

If the reader is a consumptive, or has lung or throat trouble, general debility or wasting away, do not despair, but send your name, postoffice and nearest express office to the T. A. Slocum Chemical Co. Limited, 179 King Street West, Toronto, when the large sample bottles (The Slocum Cure) will be sent you free. Don't delay until it's too late, but send at once for these free samples, and be convinced of the efficacy of this great remedy. When writing for the samples, say you saw this free offer in the MESSENGER AND VISITOR.