

Every Mother
is called upon to cure
Cuts—Sprains—Bruises.

Painkiller

does it rapidly. Nothing like it
for children. A few drops in
hot sweetened water cures

**Cramps—Colic and
Summer Complaint.**

There's only one Painkiller, PERRY DAVIS.

Was Very Weak and Nervous.

Heart Palpitated—
Would Get Dizzy Spells—
Many Canadian Women Troubled in this Way—
Are You One of Them?—
If so, You Can Be Cured!

**MILBURN'S
HEART AND NERVE
PILLS
WILL DO IT.**

Mrs. Denis Hogan, Hazeldean, Ont.,
writes:—During the year 1901 I was
troubled very much with palpitation
of the heart, followed by a fluttering
sensation and great pain. I would get
dizzy, and was very weak and nervous. Being
advised to try MILBURN'S HEART
AND NERVE PILLS, I procured three
boxes, and since taking them I have not
had a bad spell, and feel better than I
have for years.

Price 50c. per box, or 3 for \$1.25; all
dealers or The T. Milburn Co., Limited,
Toronto, Ont.

**Not Only
Relief;
A Cure.**

ASTHMA

Many discouraged Asthmatics
who long for a cure or even relief
lack faith to try, believing a cure
impossible. HEMROD'S ASTHMA
CURE is truly a grand remedy and
possesses a virtue unknown to other
remedies that not only instantly re-
lieves but cures.

The late Sir Dr. Maclellan McKen-
zie, England's foremost physician,
used HEMROD'S ASTHMA CURE
constantly in his private practice.
If you are discouraged send for a
generous free sample. It will not
disappoint you.

HEMROD'S ASTHMA CURE is
a standard remedy prescribed by
many eminent physicians and sold
throughout the world for over a
quarter of a century. A truly re-
markable testimonial in itself.

HEMROD MEDICAL CO.,
14-16 Vesey St., New York.
For sale by all druggists.

Free!

Here and there you'll find a dealer
who does not sell that English Home
Dye of highest quality, Maypole Soap,
but such cases are rare. If a woman
can't get Maypole let her write to the
Canadian Depot, 8 Place Royale,
Montreal, and receive by return mail a
free book on successful home dyeing.
We'll also tell you where you can get

Maypole Soap

10c. for Colors, 15c. for Black.

**COWAN'S
PERFECTION**

Cocoa.

It makes children healthy
and strong.

When answering advertisements
please mention the Messenger and
Visitor.

The Home

OVERLOOKED VEGETABLES.

Many of the excellent vegetables which
may be preserved in a good cellar, and
which are both cheap and easily obtained,
are almost wholly neglected. Of course,
the menu may be varied all through the
winter by canned vegetables and things
grown under glass, but these are expen-
sive. For ways of serving them plain vege-
tables, both as salads and side dishes, a
variety of somewhat overlooked recipes are
here given. A few general rules apply to
nearly all vegetables. For the cleansing of
roots, such as potatoes, beets, turnips, car-
rots, etc., keep in a wire basket over the
sink a small stiff vegetable brush, with
which everything should be scrubbed thor-
oughly. Small, pointed, sharp vegetable
knives for paring, scraping and digging
out eyes are necessary. Remember, before
any vegetable is cooked in any way, it
must first be made thoroughly clean and
free of dirt, then be rid of all imperfec-
tions. The next rule is to cook it in boil-
ing salted water till tender. If put in an
uncovered vessel the color of a green vege-
table will be better preserved.

A vegetable which is at its best this
month is Brussels sprouts. It deserves bet-
ter appreciation than it receives in this
country, for when properly cooked it is one
of the most appetizing of our green vege-
tables. Like cabbage, its withered leaves
should be picked off. Then soak it in cold
salt water. A very nice way to cook it is to
boil it in salt water till tender; afterward
drain in a colander. Melt two tablespoons
of butter in a spider, put in the sprouts, a
dash of salt and pepper, then toss in the
butter till heated. Add chopped parsley
and a tablespoon of lemon juice. Brussels
sprouts are excellent boiled, drained, rolled
in flour, egg, and crumbs, and fried a deli-
cate brown in hot fat. Pile in a pyramid
and serve with tomato sauce. They make
an appetizing salad. Chill thoroughly after
boiling, sprinkle with chopped onion,
olives, walnut kernels, and capers. Pour
over them two teaspoons of lemon juice,
then a good mayonnaise, and serve well
chilled.

The rough outer stalks of celery cut in
short lengths are nice when cooked and
served in a thin white sauce. Before boil-
ing blanch the celery in hot water, then
simmer till quite tender. Drain, heat up
again in the white sauce, sprinkle with
Parmesan cheese, and brown delicately on
top.

There are many ways for utilizing cab-
bage besides serving it plain boiled with
corned beef. It is "tasty" when creamed.
Slice half a cabbage and cook till tender in
salted water. Drain well, chop slightly,
and add one cup of milk, a tablespoon of
flour dissolved in a little milk, a tablespoon
of vinegar, a dash of salt, pepper, and
sugar, and just before serving a tablespoon
of butter.

Salsify, or oyster plant, as it is fre-
quently called, may be prepared in various ways.
Scrape the salsify and throw it into cold
water immediately, as it changes color
when exposed to the air. Cut in small
pieces and boil till tender in as little water
as possible; adding a tiny piece of dried
codfish to the water to improve its flavor.
Drain, remove the codfish, and pour a
cream sauce over the salsify. Serve on
slices of toast.

Very good winter succotash may be ob-
tained by using canned corn and dried
lima beans. Soak the beans overnight in
cold water, pour off the water, and put the
beans in a stewpan with boiling water. Let
them simmer slowly for nearly two hours.
Drain and add the corn, a cup of milk,
seasoning and butter. Cook for three
minutes.—Ex.

SALADS.

The essentials of a perfect salad are the
quality and flavor of the vinegar, the
freshness and crispness of the green vege-
tables and the manner in which the ingre-
dients are cut—that is, whether they are
too fine or too coarse—and the proper
blending of them all. A salad should

never be stirred, but should be tossed
lightly together. For a French dressing
oil lovers prefer a proportion of four parts
of oil to one of vinegar, instead of the
usual three parts. Failure to make a per-
fect salad often arises from not properly
blending the various ingredients. Cold
potatoes covered with French dressing will
not absorb the dressing and its flavor. To
make a delicious potato salad cut the pota-
toes while hot, cover them at once with
the dressing and let them stand until cold.
The hot vegetables will absorb the dress-
ing. The potato salad will also be im-
proved by rubbing the bowl in which it is
to be served with garlic. The potatoes
should be thoroughly drained from the
dressing before being covered with may-
onnaise or boiled dressing.

Tarragon vinegar is better than others
for salads. Vinegars that are too acid
should not be used. Cider vinegar may be
softened by diluting it with water. To
make tarragon vinegar put a handful of
tarragon leaves into a fruit jar and cover
with white wine vinegar or cider vinegar.
Screw the cover on tightly and allow it to
stand in the sun for two weeks. At the
end of that time strain the vinegar through
a cloth and press the liquid from the
leaves. Then filter through filter paper
and bottle for use.

To make mayonnaise dressing all the
utensils and ingredients should be thor-
oughly chilled before using. If only a
little mayonnaise is wanted use the yolks
of one raw and of one cooked egg. The
latter should be rubbed to a powder. The
cooked egg is used because if the yolks of
the two raw ones are employed with a little
oil the mayonnaise will have an eggy taste.
If a quantity is desired use the yolks of two
raw eggs and a little salt, one teaspoonful
of vinegar, one-quarter teaspoonful of pa-
rika. A soup-plate will be found con-
venient for the process. For the beating
a wooden or a silver fork should be used—
never a steel fork. Beat all together thor-
oughly and add slowly, beating constantly,
two cupfuls of oil. From time to time, as
beads of oil appear on the top of the dress-
ing, incorporate a few drops of lemon
juice. The eggs should begin to thicken
as soon as the condiments and a little of
the oil are added. If they do not, either
they are not fresh, or they were not cool
enough, or some condition was wrong.

To make a sweet dressing for a fruit
salad, boil one-half cupful of sugar with
one-fourth cupful of cold water until the
syrup will spin a delicate thread. Add the
unbeaten white of one egg and simmer
three minutes. Remove from the fire and
add the juice of two oranges, two table-
spoonfuls of lemon juice, one-half cupful
of pineapple juice and strain through a
cloth.—Ex.

SAVE THE BABY.

"I can truly say that had it not been for
Baby's Own Tablets, I do not believe my
baby would have been alive to day." So
writes Mrs. Albert Luddington, of St.
Mary's River, N. S., and she adds:—"He
is now growing nicely; is good natured
and is getting fat." It is gratifying to
know that in all parts of Canada, Baby's
Own Tablets are proving a real blessing to
children and a boon to mothers. These
Tablets are a speedy relief and prompt
cure for constipation, sour stomach, wind
colic, diarrhoea, worms, and simple fevers.
They break up cold, prevent croup and
allay the irritation accompanying the cut-
ting of teeth. Baby's Own Tablets are
good for children of all ages from birth up-
wards, and are guaranteed to contain no
opiate or harmful drug. Sold by medicine
dealers or sent by mail, post paid, at 25
cents a box, by writing direct to the Dr.
Williams Medicine Co., Brockville, Ont.

Commenting on the fondness of young
students to use long words and Latin
quotations, in order to appear conventional,
Dr. Lorimer, of New York, says: "I once
knew a promising candidate who was
given charge of a funeral in the absence
of the pastor of the church. He knew it
was customary for the minister to announce
after the sermon that those who wished
should step up to view the remains; but he
thought that was too hackneyed a phrase,
and he said instead, 'The congregation will
now pass on and the bier.'"

BRITISH



TROOP OIL

LINIMENT

FOR

Sprains, Strains, Cuts, Wounds, Ulcers,
Open Sores, Bruises, Stiff Joints, Bites and
Stings of Insects, Coughs, Colds, Contracted
Cords, Rheumatism, Neuralgia, Bronchitis,
Croup, Sore Throat, Quinsy, Whooping
Cough and all Painful Swellings.

A LARGE BOTTLE, 25c.

Always

**Woodill's German
Baking Powder
Reliable.**

**GATES'
Acadian Liniment**

IS A

**Never-failing Specific for Pain
and Cure for Injuries.**

Modern science has shown the danger of a
wound of any kind becoming infected with
bacteria. They float in the air and readily
enter any abrasion or inflamed portion of
the body often causing dangerous results.
Hence the importance in modern surgery of
an immediate application of some disin-
fectant. Nothing will be found superior to
Gates' Acadian Liniment for this use. A bot-
tle should be kept constantly in the house
ready for instant application. Its frequent
and great benefit will soon demonstrate its
value to the possessor. Twenty-five cents
will make the trial. Do not wait. Try it
now.

—Manufactured by—

**C. Gates, Son & Co.
MIDDLETON, N. S.**

**Society
Visiting Cards**

For 25c.



We will send

To any address in Canada fifty finest
Thick Ivory Visiting Cards, printed in
the best possible manner, with name
in Steel plate script, ONLY 25c. and
3c. for postage.
These are the very best cards and are
never sold under 50 to 75c. by other
firms.

PATERSON & CO.,

107 Germain Street,
St. John, N. B.

Wedding Invitations, Announcements,
etc., a specialty.

**A GUARANTEED CURE
For DYSPEPSIA OR INDIGESTION
IS FOUND IN K.D.C. REFUND**

Write for testimonials and guarantee.
K.D.C. CO. Ltd. Boston, U.S. and New Glasgow, N.S., Can.

When answering advertisements
please mention the Messenger and
Visitor.