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 Wholesale and Retail Druggist,  
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**CANADIAN PACIFIC RY.**  
 WILL OFFER FOR THE  
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 before making arrangements for your Summer Vacation Tour.  
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 For the last 50 years Cough Medicines have been coming in and doing out, but during all this time

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 Never let the Frost Bites for Curing  
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 All Druggists and most Groceries sell it.

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**If?**  
 If you want to preserve apples, don't cause a break in the skin. The germs of decay thrive rapidly there. So the germs of consumption find good soil for work when the lining of the throat and lungs is bruised, made raw, or injured by colds and coughs. Scott's Emulsion, with hypophosphites, will heal inflamed mucus membranes. The time to take it is before serious damage has been done. A 50-cent bottle is enough for an ordinary cold.

Coffee spots on a damask cloth may be removed by a mixture of warm water, the yolk of an egg and a few drops of wine. After the application the cloth should be washed, when the stain will be found to have disappeared.

"The matter which this page contains is essentially selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this page will prove most valuable during the year, and will be worth several times the subscription price of the paper."

**THE HOME.**

**LITTLE GIRLS.**  
 Where have they gone to—the little girls, with natural manners and natural curls? Who love their dollies and like their toys, and talk of something besides the boys? Little old women in plenty I find, and in manners and old in mind; Little girls, who talk of their "beaus", and vie with each other in stylish clothes. Little old belles, who, at nine and ten, are sick of pleasure and tired of men, Weary of travel, of balls, of fun, And find no new thing under the sun.

Once, in the beautiful long ago, Some dear little children I used to know; Girls who were never so amiable to play, And laughed and rollicked the livelong day. They thought not at all of the "style" of their clothes; They never imagined that boys were "beaus"; "Other girls' brothers" and "mates" were they. Splendid fellows to help them play. Where have they gone to? If you see One of them anywhere, send her to me. I would give a medal of purest gold To one of those dear little girls of old, With an innocent heart and open smile, Who knows not the meaning of "firs" or "style". —Ella Wheeler Wilcox.

**EXERCISE IN COLD WEATHER.**

The necessity for exercise in the open air in winter, as well as in summer is not generally appreciated. A large number of persons who are not called outdoors by their daily pursuits, live somewhat resembling hibernating animals, in a continual effort to keep warm. Such individuals shiver in the atmosphere of a furnace-heated house. By the time the winter is over they are pale and listless, and plainly show the effects of their winter's impracticity. They are nervous and languid when the first spring days come, and ill prepared to meet the enervating effects of warm weather. There are many diseases of a serious nature that are the result of this close housing at a season when active exercise is needed to keep the vital powers at their height. Science tells us that fresh air and plenty of exercise favor the increase of the red corpuscles of the blood, on which health and life depend. The rosy-cheeked children of parents who allow them plenty of outdoor exercise in the snows and frost of winter are in marked contrast to the pale little ones who sleep in improperly ventilated rooms for fear of the night air, and who are shielded from all contact with the cold air of winter. Long confinement within doors thins the blood and induces what physicians call an anemic condition. Not only should every living room in the house be thoroughly aired for every day, but every person in health ought to take a brisk walk or exercise in the open air for at least one hour. School children should be encouraged to learn to skate and to coast, and to indulge in all the athletic amusements that belong to the winter season.

**MAKING SHEETS.**

The proper length for sheets for a bedstead of regular size is two yards and three-quarters. English brass bedsteads like all English bedsteads, are at least six inches longer than any American bedstead, and requires sheets three yards long. The proper width for a three-quarter bed is two yards, and for an ordinary double bed two yards and a half. It is a great saving in time to purchase sheets of the proper width rather than make them up from wide yard material. The difference in cost is trifling, and compared with the difference in time is nothing. A great many old-fashioned housekeepers who live in the country prefer unbleached muslin, which they have plenty of chance to bleach their sheets in the frosts of winter and in the green meadows of summer. Such sheets wear better than any bleached sheeting that can be found in market, because the latter are bleached by chemicals. The unbleached sheeting also keeps their color better when they are once bleached white, and do not turn yellow, as those bleached by chemicals are apt to do. Choose a heavy muslin of rather coarse raised thread or sheeting, but a fine muslin like Wamsutta for pillowcases and bolsters. There should be a protector of strong muslin over every bed under the sheet. This protector is properly called a sheet protector, but is changed once a week the protector need not be changed often than once a season. It is always better to keep a second bolstercase and pillowcase under the cover on the outside. These should be washed closely to the tick at the end. Such simple protectors as these keep the beds clean for years and save the cost and trouble of making over mattresses, pillows and bolsters.

**Farina Fudding.**—For this pudding there are not a great number of milk, four heaping tablespoonfuls of farina previously soaked in a little cold water for one hour, one tablespoonful of butter, one teaspoonful of salt, two eggs. Scald the milk in the double boiler; stir in the salt, then the soaked farina, and pour steadily three-quarters of an hour. Add the butter; take a cupful of the boiling mixture, and beat into the whipped eggs. Put back into the saucepan, stir for two minutes and pour into a deep open dish. Serve with cream and sugar.

**To Cleanse the Hair.**—To one gill of warm water add twenty drops of aqua ammonia, and with a bit of flannel or a sponge wash the head and hair, dividing it into partings, so as to rub out the dandruff thoroughly. Then comb the head with a fine-tooth comb, and let it dry in the air. This hair wash has been tried for years, and will not only keep the head very clean if used twice a month, but preserves the color and thickness of the hair.

**A FOUNDATION STOCK.**

We have advanced a long way in cookery since some one denounced us as a nation with but one sauce. It is true the simple preparation of drawn butter is more often used than all other sauces together, but our cook books abound in sauces for meats, for fish and for everything. Some of the sauces are elaborate enough to cause any hardworking housekeeper to avoid them, but there are some simpler ones, like a tomato, the brown sauce and the simple French cream sauce, that are becoming familiar. There is no reason why we should not often use a rich brown sauce on our tables, except that the elaborate recipes given for it have frightened the cooks of everyday homes. No French woman would attempt to make this rich sauce when she needed it, any more than she would make her stock the day she needed it for soup. A good French housewife boils stock one day in the week and prepares enough at a time to last her for seven days. She can easily make a

variety of soups at from twenty to thirty minutes' notice from this stock. The method by which the strength of American cook boils down a shank of beef with vegetables and skims and prepares a soup the same day is enough to discourage any one from frequent repetition. The same stock that produces the soup is reduced down to a glass, and from this foundation, which may be kept in earthen jars like beef extract, a brown sauce of the rich flavored variety the French call espagnole may be prepared in ten or fifteen minutes. From another "foundation" made from white stock the famous velouté sauce of the best cooks is made. It does not require much time to make stock, because it requires no special attention while it is cooking. It is one of those things that work out their own perfection, always provided it is properly covered and a fire of uniform temperature is kept in the stove. With stock in the house a delicious soup is possible at a short notice, and very delicious indeed. From another source, there are a great many vegetables that are better for being cooked in stock, while the stock used in cooking them remains an excellent broth to serve as soup only enriched by the favor of the vegetables. Macaroni and all four pastes are better for being cooked in this way, while the stock gains a certain amount of starch for thickening, which it needs for certain soups, and which is always thrown away when the macaroni is boiled in water. The simplest rule for stock calls for a large leg of veal or, if this is possible, a leg of the freshest beef, two carrots, one onion, one parsley root, three or four sprigs of celery and a heaping tablespoonful of salt. Cut the meat from a bone and break the bone with the sharp blow of a mallet. The butcher will usually do this. All fat should be removed from the meat, but the bones and cartilage of the neck should be left to enrich the stock with gelatine. Pour over the stock six quarts of perfectly cold water. Let the stock gradually come to the boiling point. When it begins to boil at the top of the kettle do not increase the heat, but keep it cooking in this way without once allowing it to bubble up in the centre of the pot. It should simmer in this way for six hours. Then it must be strained through a napkin, which may rest in a colander over the mouth of an earthenware jar. Set the stock out in the air, where it will cool as rapidly as possible. This is the foundation stock for all soups, and for the two foundations of French cooking, which they call les sauces meres, or the mother sauces. Several other articles will follow in these columns each week until a dozen soups and these foundation sauces have been considered. It is shown that the use of this stock is an economy of time as well as of material, and will save a weary step in cooking if it is kept on hand.

**THE FARM.**  
**ROTATION OF CROPS.**  
 Sixty acres of land will keep one man very busy, with occasionally some hired help. The land should be divided into small fields in order to give a complete rotation of crops, which should be done on every farm, whether large or small. I have forty-five acres of my sixty divided into five fields, ten acres in woodland and the remaining five in orchard and building lots. In one field I have clover, in another timothy, in two corn, and in one potatoes. One cornfield I seed to rye and also to clover. The one last summer in clover I will break in the spring and plant to corn. The other cornfield lies adjoining the potato field. This is sown in rye, and in the spring I plant my potatoes here and plant the potato field in corn. Those last two fields are low, black loam, and require no clover. The rye ploughed under gives the soil all the plant food it needs. As soon as I market my potatoes I rake and clean off the potatoes, sow it in rye. This makes fine early pasture and lasts all winter, and with this and rye in one cornfield, and stalk pasture, I am enabled to keep quite an amount of stock for a small farm.

In my woodland I have a good driven well, forty feet deep, which supplies pure water for my hogs. This is, in my opinion, a great preventive of cholera. I also have a long hog-house with eight compartments. From the middle of the house I have a partition that runs through the woods. This I can keep my brood sows and fat hogs separate. At the end of the woodland of which it is a part, I have four acres of white Jerusalem artichokes, and the partition fence also runs through the artichokes. I can turn each lot of hogs to artichokes separately and have a cornfield near the hog-house where I can occasionally feed a little corn when needed. When I sell my fat hogs I separate the sows and pigs, and they have the run of the artichokes until spring, and with some corn they come out in good condition. I keep no hogs about my barnyard.

My garden yields an abundance of vegetables, and I plant a few yards as a source of considerable income. Also my orchard, just recently planted, is beginning to make returns. I planted the apple trees thirty feet apart each way, and in the rows north and south I planted hardy varieties of peaches between them. These I will remove when the apple trees are old enough to need all the fertility of the soil. In the space between the rows of trees I have rows of blackberries, strawberries, raspberries, gooseberries, currants and raspberries. These I will also remove when the trees need an acre, except the raspberries. They are in single rows fifteen feet from the trees, and will be trained in straight lines on wires supported by posts and pigs, and they have the run of the artichokes until spring, and with some corn they come out in good condition. I keep no hogs about my barnyard.

**THE AMERICAN LINDEN.**  
 The American linden or basswood is a beautiful tree when planted under cultivation, and is very valuable for its symmetry. It produces seed abundantly, and yet it does not seem to stand as highly in favor with the nurserymen as some other forest trees. This may be owing to the fact that it has not hitherto been in great demand as an ornamental tree, or as a shade tree among farmers. Why it should be so is not easily accounted for, as the linden is a graceful tree and it provides shade abundant and dense. The foliage of a linden tree is large and plentiful, and the symmetry of the form is usually very pleasing. The linden seems to be susceptible to the attacks of borers more or less when planted out by itself, and this may have acted as a hindering influence. But we can scarcely believe that this weakness could have much influence in preventing the general planting of the linden for shade, as it does not seem as yet to have been planted to any great extent.

This tree grows well in loam soils, and preferably in those of a clay loam texture. It luxuriates in damp situations, as for instance along the borders of water-courses. But it will also grow well on the upland where the moisture is sufficiently plentiful, that is to say, in soils capable of sustaining a fair amount of moisture. It does not flourish on light soils, nor is it at home on loam soils underlaid with a gravelly subsoil.

The linden is not only a beautiful tree, but it is also of great economic use. It is made into furniture, and is also used in buildings, more especially those parts of them which are not exposed to the weather, as when so exposed it does not retain its softness as long as some other kinds of wood. But because of its general utility as lumber, the linden should not be overlooked in making our choice of trees to be planted out for forest uses. —"Agricola" in Farming for January.

**MACON PIGS.**

To produce the best quality of bacon the food should be varied, and the animal should be allowed a certain amount of exercise. Care must be taken to feed a ration containing a considerable proportion of albuminoids of flesh formers. Corn alone, or in large quantities can never produce most suitable for making choice breakfast bacon, as it contains far too large a proportion of carbohydrates (fat and heat producers). Still, we do not object to a certain amount of corn being fed in conjunction with other feeds. Potatoes we have also fed with satisfactory results, and a great many potatoes are fed to pigs in Ireland to

**\$10 Reward!**

Hello, John, what's this? Mr. Snell says he'll pay \$10 to any person that cannot learn Permin-Snell shorthand at home, lessons by mail. Well, he does just what he says. Set of Business Capitals 10c. Circular sent free. S. B. SNELL, Truro, N.S.

**THE SOOTHING HEALING ANODYNE**  
 STRICTLY FOR FAMILY USE.  
 The Doctor's Signature and directions are on every bottle.  
 If you can't get it send to us. Price 25 cents. Sold by Druggists. Prepared free. L. S. JOHNSON & Co., 22 Custom House St., Boston, Mass., Sole Proprietors.

**Feels His Oats**  
 This will not be the case with an animal whose blood is out of order. When a horse is all run down he needs a tonic the same as a man. Often he cannot have complete rest. Give him **Dick's Blood Purifier** and note how quickly he will pick up. His whole system will be invigorated. His digestion will be strengthened so that all the nourishment will be drawn from the food as less of it will be required. **Dick's Blood Purifier** drives out Bots, Worms and all parasites.

**Brainers & Armstrong's PATENT SKIN SILK HOLDER**  
 INVALUABLE TO USERS OF FILE AND FLOSS SILKS FOR WASH SILKS  
 Latest Designs

In Stamped Line Squares for Dories and Center Pieces, with directions how to work them and colors to be used.

**NO ROOM FOR DOUBT.**  
 Take Hawker's balsam for coughs and colds. You have often thought of trying it. Try it now. It will cure. One of Canada's best known piano-makers, on a winter railway journey, contracted a cold and became so hoarse he could only speak in a whisper. One bottle of Hawker's balsam of toluene and a wild cherry cured him. The hoarseness was entirely removed within a few hours. His experience has been like that of very many public speakers and singers. But it is in the home, among the little ones, who so easily contract colds and are worried at night by a racking cough, that this remedy is of the greatest value. It is the mother's friend, soothing her little ones to peaceful slumber, and curing them of their ailments. It soothes and heals the irritated organs of throat and chest, and for all bronchial affections as well as in ordinary colds is an invaluable remedy. It is sold by all druggists and dealers in 25 and 50 cent bottles, and is manufactured only by the Barker Medicine Co. (Ld.), St. John, N.B.

**A GUARANTEED CURE FOR DYSPERSIA OR BILEY IS FOUND IN K.D.C. REFUNDED**  
 FREE SAMPLES K.D.C. AND PILLS. WRITE FOR THEM. K.D.C. CO. Ltd. Boston U.S. and New Glasgow, N.S. Can.

She—Were you upset by the failure of the bank? He—Not completely, but I lost my balance.

There is nothing like **K.D.C. FOR NERVOUS DYSPERSIA**  
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Young Man—Will you give assent to my marriage with your daughter, sir? Old Man (firmly)—No, sir, not a cent.

**SOUR STOMACH, FLATULENCY, LENOXY, HEARTBURN, AND ALL OTHER AFFECTIONS OF THE DIGESTIVE ORGANS ARE CURED BY K.D.C. DYSPERSIA OR BILEY THE MIGHTY CURE**  
 She—Tell me, when you were in the army, were you cool in the hour of danger? He—Cool? I actually shivered.

**INDIGESTION CONQUERED BY K.D.C.**  
 IT HELPS THE STOMACH TO DIGEST THE FOOD AND TO HEALTHY ACTION AND THUS WOULD BE THE

**Johnson's Anodyne Liniment**  
 It is used and recommended by many physicians everywhere. It is the best, the oldest, the original. It is unlike any other. It is superior to all others. It is not merely a Liniment, it is the Universal Household Remedy. For Internal as well as External Use. It prevents and cures asthma, bronchitis, colds, coughs, croup, catarrhs, cramps, chills, dyspeptic pains, diphtheria, gout, laching, hoarseness, headache, hooping cough, influenza, neuralgia, rheumatism, sciatica, sore lips, sore throat or lungs, its grippe, chest pains, bowel pains and kidney pains. It is the sovereign cure for bites, burns, bruises, cuts, chaps, cracks, chilblains, lame back, lacerated, mumps, ringworm, stings, scalds, strains, sprains, soreness, stiffness and swellings.

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