

## After Work or Exercise

# POND'S EXTRACT

Soothes tired muscles, removes soreness and stiffness and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

## BURDOCK BLOOD BITTERS MAKES PERMANENT CURES

Of such severe diseases as scrofula, running sores, salt rheum or eczema, shingles, erysipelas and cancer, as well as boils, blotches, pimples, constipation, sick headache, dyspepsia, and all disorders of the stomach, liver, kidneys, bowels and blood.

Burdock Blood Bitters always does its work thoroughly and completely, so people know that when B.B.B. cures them they're cured to stay cured.

## Joggins Coal

### This FIRST CLASS COAL

can be purchased by the Cargo in ROUND RUN OF MINE and SLACK sizes by communicating with P. W. McNAUGHTON, at 20 Orange St., St. John, or Joggins Mines, N. S. We guarantee the quality to be of the best for steam purposes.

CANADA COALS & Ry. Co., Ltd.  
Joggins, N. S.

### BEST WISHES

For a HAPPY CHRISTMAS to all who may or may not be users of one of the best BAKING POWDERS made during the past half a century—

### WOODILL'S GERMAN THAT

The incoming year may be one of happiness and prosperity to all who do or do not use one of the best BAKING POWDERS of the past half a century is the wish of the manufacturers of

WOODILL'S GERMAN.

## COWAN'S PERFECTION

### Cocoa.

It makes children healthy and strong.

### PUBLIC NOTICE.

Application will be made to legislature of this Province at the next session for the passage of an Act to further amend the Act 41 Victoria, Chapter 113, relating to the Whittaker Trusts to authorize James E. Whittaker in his capacity as Trustee of the estate of Charles Whittaker, deceased, to renew the mortgage now standing against the property of said estate, situate on the south side of King Street, in the City of Saint John, but for a sum not exceeding fourteen thousand five hundred dollars, for a further term of ten years, or to pay off the same and substitute another or other mortgages thereon for said sum or under. Dated at St. John, N. B., 15th January, A. D. 1903.

JAMES E. WHITTAKER, Applicant.

## The Home

### CHICKEN SOUFFLE.

Chicken souffle by the following rule is very excellent: Melt a rounding tablespoonful of butter, add an equal quantity of flour and gradually two cups of milk. Stir until smooth, add half a cup of bread-crumbs, two cups finely-chopped cold cooked chicken, and salt, pepper, chopped parsley and onion juice to taste. Take from the fire, add the well-beaten yolks of three eggs, rub a little butter over the top so it will not form a crust and set aside until it is time to bake it, then fold in the stiffly beaten whites of eggs. Turn into a buttered pudding dish and bake thirty-five minutes in a slow oven. Serve immediately after it comes from the oven, or like all souffles it is very apt to fall. The same mixture may be baked in paper boxes or ramequin dishes and served as an entree. —What to Eat.

### SUGGESTIONS.

If your hands become roughened from housework, whenever you wash them rub on some cornmeal, as well as soap, and rinse in clear water; at night supply a lotion made of glycerine, two ounces; rosewater, one-half ounce, and acetic acid, one dram.

Vinegar and rock salt will get off stains from the inside of flower glasses. Dissolve a tablespoonful of salt in a gill of vinegar. Rub with this, or pour in and shake till the stains disappear. Then rinse in clear water. —Ex.

### HOW TO CLEAN A CLOCK.

Every housekeeper has had an experience with a clock that had refused to run evenly and smoothly, and has found herself kept awake by its erratic tick, tick, that presages a full stop. It may seem a little thing but it certainly gets on one's nerves, and she finds herself listening intently for that last tick. The usual remedy is a visit to the clock-maker's. Good Housekeeping has kindly given a simple remedy for this annoying situation, and it is certainly a unique one. It is this:

"One of my clocks began to give jerky ticks, and then refused to go altogether. I placed a cloth saturated with kerosene in the bottom of the clock and the fumes arising loosened the dirt, oil, and grit from the works, precipitating them to the bottom. I used a clean white bit of old muslin, so, when the dirt began to drop, I knew it by the soiled color of the rag. I removed it, and in a day or two placed another saturated rag in the bottom of the clock. The fumes this time, as the dirt had all dropped, lubricated the works, and my clock has ticked along right merrily ever since." —Ex.

### THE SECRET OF A CHRISTIAN HOME.

To be the mother of a Phillips Brooks, a James Hanington, or a Reginald Heber; to be the father of an Adoniram Judson, a David Scudder or a John Paton, is there any comfort or joy or splendor that can rest on any Christian home comparable to the knowledge that a son had entered into such a fellowship with the Master? It is in such lives that college and church reach the zenith of their glory, but it is in the Christian home that such lives must take their impulse; in the Christian home that the heart must be so filled with, and the eye so fixed upon, Christ, the true goal, that love for men and women shall at last know no bounds. A truly Christian home can send a boy into college to be an attractive force for good for all who know him. To be cheerful, but not flippant; gentle, but not compromising; loving, but not yielding; pure, but not austere; reverent among the careless, serious among the frivolous, and studious among the distracted, self-denying among the self-indulgent. Shall we not all agree that the holiest, loftiest success in life is that enjoined by these relations; that no failure in all the reach of effort or knowledge can be compared to that which may

be unfolded within the circle of a Christian home. —Ex.

### WASHING FLANNELS.

The cold season brings up again the question of washing flannels so that they will not shrink beyond a comfortable condition. That they will shrink somewhat with the best of care must be allowed; but that it shall be as little as possible is much to be desired. The most reliable experience in this matter insists upon having all of the washing waters of the same temperature; that is, if the first water is hot, then the succeeding waters must be hot also. If cooler water is used for the first, then let all the others be of like heat. A good white soap is best to use, of which make a lather, not rubbing it directly on the flannel. A little ammonia added will soften the water and loosen the dirt. The flannel should be squeezed through the hands instead of rubbing on a board. If necessary, have two soapy waters, followed by a clear rinsing water. Shake well and pull into shape, drying as quickly as possible. Flannels should never be hung where they will freeze. Stockings, vests and drawers are often dried on forms which with care in the washing will keep them almost to the original size and softness. —The Examiner.

### INWARD BEAUTY.

Heroism, purity, tenderness, devotion to duty, weave a halo round the brow and plant an angel on the face. Milton and Dante, Keats and Wesley, Robertson of Brighton, and James Martineau, all illustrate this law. The body is the soul's interpreter, and there is a gospel of the face as well as a gospel of the printed page.

How often we have marked the fact that tenderness and truth have refined and transfigured plain faces, while envy and discontent have made faces, which were naturally finely modeled, unlovely and unattractive.

If we were asked what was the loveliest thing we ever saw, and if we thought deeply enough, we should answer, the face of our sainted mother—her eyes beaming with tenderness, her hair whitening with the blossoms of the tree of life.

And this is the beauty which wears—the beauty caught from the inner spirit which death cannot touch, but which in a diviner world will behold the King in his beauty and grow toward that perfect loveliness forever and forever. —Great Thoughts.

In ordering goods, or in making inquiry concerning anything advertised in this paper, you will oblige the publishers and the advertiser by stating that you saw the advertisement in MESSENGER AND VISITOR.

### A MOTHER'S DELIGHT.

Is to See Her Little Ones Healthy, Rosy and Happy.

All mothers delight in seeing their little ones bright, rosy and happy, but unfortunately all mothers do not use the best methods to gain this result. When baby is cross and fretful they give him "soothing stuffs," believing they are aiding him—but the result is just the opposite. As these soothing stuffs are poisonous and dangerous. Baby's Own Tablets should always be used and they will be found a prompt relief and speedy cure for all the minor ailments from which little ones suffer. All experienced mothers use these tablets and all mothers who use them praise them. Mrs. S. M. Black, St. Peter's N. S., says: "I have used Baby's Own Tablets for most of the ailments from which little ones suffer and I find them the best medicine I have ever tried. No mother should be without them in the house."

These tablets are good for children of all ages and can be given with absolute safety to a new born babe. Sold by druggists or sent by mail at 25 cents a box by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont. Send us your name on a post card and we will mail you a valuable little book on the care of infants and young children.

## Poison—

In the Blood brings Humors and Boils, Salt Rheum, Eczema and Scrofula,

## WEAVER'S SYRUP

Will cure them permanently by purifying the

## Blood.

Davis & Lawrence Co., Ltd.,  
MONTREAL, PROPRIETORS, NEW YORK.

## Free to Everyone.

A Priceless Book Sent Free  
For the Asking.

Piles Cured Without Cutting, Danger or  
Detention From Work, by a Simple  
Home Remedy.

Pyramid Pile Cure gives instant relief and never fails to cure every form of this most troublesome disease. For sale by all druggists at 50c. a package. Thousands have been quickly cured. Ask your druggist for a package of Pyramid Pile Cure, or write for our little book which tells all about the cause and cure of piles. Write your name and address plainly on a postal card, mail to the Pyramid Drug Co., Marshall, Mich., and you will receive this book by return mail.



Three  
Departments.

BUSINESS,  
SHORTHAND and TYPEWRITING,  
TELEGRAPHY.

The graduate from these departments stands a better chance for success in life than the graduate from Harvard or Oxford university.

The catalogue will convince you. Send for it.

S. KERR & SON,  
St. John, N. B.

## MILBURN'S

### LAXA LIVER PILLS

Are a combination of the active principles of the most valuable vegetable remedies for diseases and disorders of the Liver, Stomach and Bowels.

### CURE CONSTIPATION

Stick Headache, Jaundice, Heartburn, Catarrh of the Stomach, Dismiss, Blotches and Pimples.

### CURE BILIOUSNESS

Dyspepsia, Sour Stomach, Water Brash, Liver Complaint, Bloating or Muddy Complexion.

### CLEAN COATED TONGUE

Sweeten the breath and clear away all waste and poisonous matter from the system. Price 25c. a bottle or 5 for \$1.00. All dealers or THE T. MILBURN CO., Limited, Toronto, Ont.

The Delhi Fruit and Vegetable Canning Company's factory at Delhi, Ont., was burned to the ground Thursday; loss \$4,000; insurance \$30,000.