

One Dose

Tells the story. When your head aches, and you feel bilious, constipated, and out of tune, with your stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose, from 1 to 4 pills. You will be surprised at how easily they will do their work, cure your headaches and biliousness, cleanse the liver and make you feel happy again. 25 cents. Sold by all medicine dealers.

FOR
Impure Blood,
Thick Water,
Swelling,
Fever, Cough,
Lost Appetite, Etc.

USE THE RELIABLE

GRANGER

Condition Powder

W. B. GRANGER COMPANY, Limited, Proprietors.

13 Running Sores.

Mr. Stephen Wescott, Freeport, N.S., gives the following experience with Burdock Blood Bitters.

"I was very much run down in health and employed our local physician who attended me three months; finally my leg broke out in running sores with fearful burning. I had thirteen running sores at one time from my knee to the top of my foot. All the medicine I took did me no good, so I threw it aside and tried B.B.B. When one-half the bottle was gone I noticed a change for the better and by the time I had finished two bottles my leg was perfectly healed and my health greatly improved."

**BBB
FOR THE
BLOOD**

Gates' Acadian Liniment, the WORLD'S greatest Pain Exterminator.

Hall's Harbor, May 31, 1900.
G. GATES, SON & CO.,
Middleton, N.S.

Gentlemen: About two years ago I was taken sick with La Grippe. My head pained excruciatingly. So terrible was the pain that when my wife wrung cloths from hot water and held them on my head I could not feel the heat. I obtained a bottle of your ACADIAN LINIMENT, used it on my head, and took some in hot water internally, according to directions. As soon as I drank it I felt better and it made a cure in a few days.

I afterwards advised a neighbor to use it and it cured him also. Mr. Joshua McDonald, of Casey Corner, spent \$25.00 before I saw him and persuaded him to try your Liniment. He, too, was cured and says that he will never be without GATES' ACADIAN LINIMENT in the house.

For man and beast, external or internal, I regard it as the best. Yours truly,
ALEXANDER THOMPSON.

Insist on having GATES'—the BEST.

Sold Everywhere at 25 Cents per Bottle.

USE THE GENUINE

MURRAY & LANMAN'S

FLORIDA WATER

THE UNIVERSAL PERFUME

FOR THE HANDKERCHIEF, TOILET & BATH.

REFUSE ALL SUBSTITUTES.

Making Beds.

Let every bed-maker, as soon as all the covers are spread, turn down the upper sheet and all above it, leaving a generous margin below the bolster. Some people, you know, pull all the covers straight up to the top and lay the bolster upon them, so that when bed time comes they must be arranged at the head. Boys don't like this way, and perhaps some other folks don't, either. It is the custom to pile two big, square pillows on the top of the bolster, and then put on two pillow-shams, and then sometimes, or perhaps before the pillow-shams, a sheet-sham. This is setting a trap for the unwary. Only a remarkably careful woman is equal to the task of getting off all the "finery" properly. Why not almost, if not altogether, abolish shams of all kinds? Why not honestly take off the big, square pillows, and supply every bed with a comfortable bolster to take the place of pillows? If you like adornment, embroider or decorate the sheets and slips themselves, without any make-believe. Silk, lace, and the like, seem out of place on a bed, which should suggest repose. Imagine a big boy, with boots on, flinging himself into the midst of a fairy creation of pink satin and torchon! Let beds be what they look like, and let them look like what they are—real resting places—Christian Work.

Boil a Potato in its Jacket.

The Irishman's way of boiling the potato in its jacket is correct, because in this way the salts are not absorbed. The best method is to bake them: the next, to steam them. If they are to be boiled there should be plenty of boiling salted water, and as soon as it boils hard, after the potatoes are in, the kettle should be set back where it will only simmer. For the average potato, from twenty to twenty-five minutes will be required. Tubers and vegetables that grow under the ground are usually not cooked enough, while green vegetables are submitted to too long cooking. The latter is especially true of asparagus.

Macaroni and spaghetti have played quite an important part among literateurs. Dumas boasted that no one could cook it so well as he, while Rossini used to prepare what he called an "ambrosial symphony" with macaroni, butter, cheese, the white meat of chicken and fresh mushrooms. The little hard, dark grain of the Italian wheat is particularly rich in gluten. This explains why the Italian macaroni is the best in the world. Macaroni and cheese, because it is so rich in nitrogenous matter, should not be served with roast beef. With roast chicken and veal it is not so out of place. Macaroni requires no washing. Plenty of boiling salted water (about two quarts), with a tablespoonful of salt, will be required for one-half pound, and it should cook for about forty minutes. When done every stick should be distinct.—Ex.

Sauce for Potatoes.

Cream potatoes, Miss Johnson asserted, are seldom good, except in hotels, where they seem to have a monopoly of the art. For one pint of potatoes freshly boiled the lecturer made a white sauce of one cupful of milk, one cupful of flour, two tablespoonfuls of butter, one tablespoonful of chopped parsley and salt and paprika to taste. A frequent cause of failure with creamed potatoes results from not cooking the flour of the white sauce sufficiently. Melt the butter in the pan, add the flour and cook and stir until smooth and well cooked. When it stops bubbling, and you are afraid it will brown, it is done. Add the milk, and when it is smooth, the cream. As soon as the sauce begins to thicken add the potatoes. Do not stir them. When they are heated through add the seasoning and serve at once. All milk or a smaller proportion of cream can be used.—Ex.

To Clean Oil Paintings.

Artists sometimes use a raw potato for this purpose. Cut off the end of the pot-

ato and rub the painting very gently with the cut end. As fast as the potato becomes soiled, cut off a thin slice and continue to use it until the whole surface is clean. Another method is to rub the soiled surface with the finger wet in warm water. If the dirt is very hard and old, use oil instead of water. Let it rest for a few hours so that the dirt may be softened, then wash off with a sponge and tepid suds.—Ladies' Home Journal.

A Lesson in Table Manners.

In these enlightened days, when Mother Goose, and nonsense songs are frowned on, it will probably be considered rank heresy to advocate the use of such rhymes as moral teachers. The writer has no doubt, however, that a verse like 'The Goops' in the November 'St Nicholas' would be more efficacious than fifty ordinary instructions in teaching children table manners. Slang phrases, too, may be a remedy worse than the disease, but a round-shouldered boy has straightened perceptibly under the influence of 'Throw out your chest, the ice man's coming.'

'The Goops they lick their fingers,
And the Goops they lick their knives;
They spill their broth on the tablecloth—
Oh, they lead untidy lives!

'The Goops they talk while eating,
And loud and fast they chew,
So this is why I am glad that I
Am not a Goop. Are you?'

—The Congregationalist.

Entertaining Guests Unifies the Family.

Among influences that mould and refine the young persons of the household is the entertaining of welcome guests. Those accustomed to the presence of visitors usually have more pleasing manners, are more at their ease and are consequently more graceful and tactful than those who have not this advantage. Entertaining visitors unifies a family, all being pledged to the same end—the gratification of the guest.—Ladies' Home Journal.

RELIABLE INFORMATION, THE ONLY SORT TO DEPEND ON.

The Misinformed Person at a Disadvantage.—The People's Cyclopaedia.

If Eve had had The People's Cyclopaedia she would have turned to it for information instead of relying upon neighborhood gossip. She is the first person on record, but not the last, who got into trouble through unreliable information. This Cyclopaedia is out in a new form. It is newly revised and sifted, has new maps showing latest discoveries and political divisions. It has much new matter of a scientific character, and has the latest biographical notes. The six volumes are a condensation of the news of the world for all ages. There is scarcely an event in history of which the main facts are not given. For readers who like to verify by maps or historical record all they come upon in the newspapers, novels, essays, sermons or lectures they handle, The People's Cyclopaedia is invaluable. The illustrations are fresh. They are not the blurred, perspective-lacking, old wood-cuts that used to adorn the blue spelling-books of forty years ago and many other books of a later date.

Valuable knowledge is put up in the most attractive form. No matter what pessimistic people may say about the wickedness of the world, anyone who will look about him with a good-natured spirit of enquiry, will find that there is a tendency toward honest advertising and fair dealing in all lines of business. Food products are publicly analyzed. Textile fabrics are woven before one's eyes and the process explained. In no line of business is there shown greater effort to please than in the manufacturing and selling of books. Books were never before so well made or so cheap.

It is rare to find a book with even poor illustrations: What has brought about this state of things? The universal diffusion of knowledge. Everybody knows something about everything. There may not be many more college graduates proportionately now than there were twenty-five years ago, but there are many more Cyclopedias. To own and consult a good Cyclopaedia is to possess a liberal education. It is the best of its kind—absolutely the best. No other work of the kind can compare with it in maps, illustrations, information, or the number of subjects discussed.

If further information is required in reference to this Cyclopaedia, kindly write to the editor of the MESSENGER AND VISITOR.

Getting Better?

Are you recovering as fast as you should? Has not your old trouble left your blood full of impurities? And isn't this the reason you keep so poorly? Don't delay recovery longer, but take

Ayer's Sarsaparilla

It will remove all impurities from your blood and tone up your whole nervous system. Give Nature a little help at this time. Aid her by removing all the products of disease from your blood.

\$1.00 a bottle. All druggists.

Keep your bowels in good condition with Ayer's Pills.

Price 25c. a box.

Write the doctor freely all the particulars in your case. You will receive a prompt reply. Address, Dr. J. C. Ayer, Lowell, Mass.

A DAUGHTER'S DANGER.

A Chatham Mother Tells how Her Daughter, who was Troubled with Weak Heart Action and run Down System was Restored to Health.

Every mother who has a daughter drooping and fading—pale, weak and listless—whose health is not what it ought to be, should read the following statement made by Mrs. J. S. Heath, 39 Richmond Street, Chatham, Ont.:

"Some time ago I got a box of Milburn's Heart and Nerve Pills at the Central Drug Store for my daughter, who is now 15 years of age, and had been afflicted with weak action of the heart for a considerable length of time.

"These pills have done her a world of good, restoring strong, healthy action of her heart, improving her general health and giving her physical strength beyond our expectations.

"They are a splendid remedy, and to any one suffering from weakness, or heart and nerve trouble I cordially recommend them."

Milburn's Heart and Nerve Pills are 50c. a box or 3 for \$1.25, at all druggists.

A QUICK CURE
FOR COUGHS
and COLDS

Pyny-Balsam

The Canadian Remedy for all
THROAT and LUNG AFFECTIONS

Large Bottles, 25 cents.

DAVIS & LAWRENCE CO., Limited,
Prop's Perry Davis' Pain Killer,
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Send to me for your SUNDAY SCHOOL QUARTERLIES and SUPPLIES at Publishers' Prices.

Peloubeta Notes I have a beautiful Bible, Teacher's edition, with new illustrations, size 5x7, only \$1.50.

Arnold's Notes on the S. S. Lessons, 60c. Send for Catalogues for Sunday School Libraries. am offering special discounts.

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