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Swellings, Fever, Cough, Lost Appetite, Etc. USE THE RELIABLE GRANGER **Condition Powder**

13 Running Sores.

INA BAIRD COMPANY, Limited, Propriet

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 physi-cian who attended me three months; cian 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

B.B.B. When one-half the bott was gone I noticed a change for the better and by the time I had finished two bottles my leg was perfectly heal-ed and my health greatly improved. BLOOD

Gates' Acadian

Liniment, the WORLD'S greatest Pain Exterminator.

Hail's Harbor, May 31, 1900. C. GATES, SON & CO., Middleton, N. S.

C. GATTES, SON & CO., Middleton, N. S. Gentlemen: About two years ago I was taken sidk wilh La Grippe. My head pained scoredatingly. So terrible was the pain that and held them on my bolks. From hot water and held them on my bolks. The score of the LNIMENT, used it on my head, and took some is a soon was I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I felt better and it made a course I drank it I here I better and it course I and so better I couraid, of Casy Corner, spent \$256 better I couraid, and persuaded him to iry your Liniment, He, too, was cored and says that he will nevers be without GATES' ACADIAN LINIMENT is here nouse.

in the house. For man and beast, external or infernal, 1 regard it as the best. Yours truly, ALEXANDER THOMPSON. Insist on having GATES'-the BEST.

Bold Everywhere at 25 Cents per Bottle.



MESSENGER AND VISITOR.

Je The Home Je

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 bolnd then put on two pillow-shams, and then sometimes, or perhaps before the pillow-shams, a sheet-sham, This is set-ting a trap for the unwary. Only a gemarkably careful woman is equal to the task of getting off all the "finery" proper-ly. Why not almost, if not altogether, aboliah 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, finging 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.

Boll 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 twentyfive 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 cook-The latter is especially true of asparagus.

Macaroni and spaghetti have played quite an important part among littêrateurs. Dumas boasted that no one could cook it so well as he, while Rossini used to pre-pare what he called an "ambrosial sym-" with macarovi, butter, cheese, phony the white meat of chicken and fresh mushooms. 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 nitrogeneous 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 tablesponfuls of butter, one tablesponful of chopped parsley and salt and paprika to taste. A frequent cause of failure with creamed potatoes results from not cooking flour of the white sauce sufficiently. Melt the butter in the pan, add the flow and cook and stir until smooth and well 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 tor 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 is the potato be-comes soiled, cut off a thin slice and concomes solied, cut on a thin mice and con-tinue to use it until the whole surface is clean. Another method is to rub the solied surface with the fing r wet in warm water. If the dirt is very hard and old, use oil instead of water. Let it rest for a 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, as moral teachers, the write has a 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 manarriections in teaching children table man-ners. Slang phrases, too, may be a re-medy worse than the disease, but a round-shouldered boy has straightened percept-ibly under the influence of 'Throw out your chest, the ise man's coming.'

⁴ 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 l

"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 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, ONLY SORT TO DEPEND ON.

The Misinformed Person at a Disadvan tage .- The People's Cyclopedia.

tage.—The People's Cyclopedia. If Sve had had The People's Cyclopedia work of the second second second second second to initiate of relying upon neighborhood gossip. She is the first person on record, but not the last, who got hat trouble through unreliable information. This Cy-clopedia is out in a new form. It is newly 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 condens-tion 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 his-torical record all they come upon in the newspapers, novel, essays, sermons or lectures they handle. The People's Cy-clopedia is 'invaluable. The litestrations agent the blue spelling books of forty years. Wauble knowledge is put up in the mot attractive form. No matter what

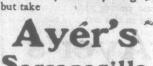
to adorn the bine spelling books of a forty data. Valuable knowledge is put up in the most attractive form. No matter what pessemistic people may say about the wickedness of the world, anyone who will look about him with a good-natured spirit of enquiry, will find that there is a ten-dency toward honest advertising and fair dealing in all lines of business. Food pro-ducts are publicly analyzed. Textile fab-rices are suplained. 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 rate to find a book with even poor this state of things? The universal dif-tusion of knowledge. Everybody knows something about everything. There may not be many more college graduates pro-portionately now than there were twenty-five years ago, but there are many more Cyclopedias. To own and consult a good Cyclopedia, is to possess a liberal edu-cation. It is the best of its lind-abouter by the best. No other work of the kind-an compare with it in maps, lilustrations, information, or the unmber of subjects alsonsed. If inther information is required in

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

JANUARY 9, 1901.

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

Getting Better?



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.

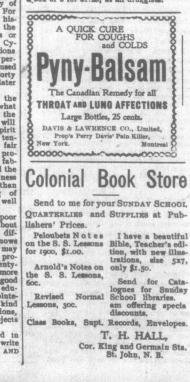
Write the doctor freely all the particulars in your case. You will receive a prompt reply. Ad-dress Dr.J. (AVER Lowell Mass

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 droop-ing 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 Nerre Pills at the Central Drug Store for my daughter, who is now 13 years of age, and had been afflicted with weak action of the heart for a considerable length of time.

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, of heart and nerve trouble I cordially recommend them."
Milburn's Heart and Nerve Pills are 50e. a box or 3 for \$1.25, at all druggists.



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