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FOR BURNS, SPRAINS, WOUNDS, BRUISES OR ANY SORT OF PAIN.

Used Internally and Externally.

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PILLS**

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

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Sick Headache, Jaundice, Heartburn, Catarrh of the Stomach, Dizziness, Blisters and Pimples.

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

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Sweeten the breath and clear away all waste and poisonous matter from the system.
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WANTED.

A lady to assist with house work and to help take care of two children aged 3 and 5 years, to come into the home as one of the family. Over thirty years of age preferred. Will applicant please state if fond of children and exactly what remuneration would be expected. A good comfortable home for the right person. Address—B. W. C., P. O. Box 27, St. John, N. B.

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Applications were received by us during the month of November for

Maritime-Trained

young men and ladies for office work. We could not supply the demand.

REMEMBER we do not guarantee positions, but we recommend competent students to employers.

Winter term commences January 5, 1910.

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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.

The Home**HINTS TO DYSPPEPTICS.**

Eat slowly, masticating the food very thoroughly—even more so, if possible, than is required in health. The more time the food spends in the month, the less it will spend in the stomach. Avoid drink at meals; at most take a few sips of warm drink at the close of the meal, if the food is very dry in character. In general, dyspeptic stomachs manage dry food better than that containing much fluid. Eat neither very hot nor very cold food. The best temperature is about that of the body. Avoid exposure to cold after eating. Be careful to avoid excess in eating. Eat no more than the wants of the system require. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends, not on what is eaten, but on what is digested. Never take violent exercise of any sort, either mental or physical, either just before or just after a meal. It is not good to sleep immediately after eating. Never eat more than three times a day. For many dyspeptics two meals are better than more. Never eat a morsel of any sort between meals. Never eat when very tired, whether exhausted from mental or physical labor. Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so. Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal. Most persons will be benefited by the use of oat-meal, wheat-meal, cracked wheat, and other whole-grain preparations, though many will find it necessary to avoid vegetables, especially when fruits are taken.—Public Health Journal.

AN AFTER-THANKSGIVING RECIPE.

Stir a piece of butter rolled in flour into some cream, and a little veal gravy, till it boils up; mince some cold roasted or boiled turkey, but not too small; put it into the sauce; add grated lemon peel, white pepper, pounded mace, a little ketchup; simmer it up and serve. Oysters may be added.—Ex.

SOME THINGS

The busy housewife should know:
That one pint of liquid equals a pound.
That one quart of flour equals a pound.
That one cupful of butter equals a half a pound.
That one cupful always means a half pint.
That two cups of granulated sugar equals a pound.
That one tablespoonful of butter equals two ounces.

It is worthy of reiteration that milk heated to as high a temperature as it can be drunk or sipped, above one hundred degrees, but not to the boiling point, is of great value as a refreshing stimulant in cases of overexertion, bodily or mental. To most people who like milk it does not taste so good hot, but that is a small matter compared with the benefit to be got from it. Its action is exceedingly prompt and grateful, and the effects much more satisfactory and far more lasting than those of any alcoholic drink whatever. It supplies real strength as well as exhilaration, which alcohol never does.—Ex.

HILDERBRAND PUDDING.

Two pounds of apples, scant half cup of rice, sugar to taste, grated peel of half a lemon and a tablespoonful of butter. Boil the rice in plenty of water until tender. Pare and core the apples and boil them until soft in a little water. Butter a pudding dish and put in alternate layers of rice and apple, adding sugar and grated lemon peel until the dish is full, having the last layer of rice. Put little bits of butter over it; cover with a plate and bake for an hour.—Ex.

BAKED CRANBERRIES.

Fill a stone crock two-thirds full of

carefully washed plump cranberries; pour hot water over them and bake slowly, covered, until they are tender. When they begin to grow soft, stir in carefully half as much sugar as there are cranberries, and finish baking.—Ex.

SPANISH EGGS.

Put over a slow fire a perfectly clean large frying pan containing one large tablespoonful of butter, one finely chopped onion, half a teaspoonful of salt and a teaspoonful of chopped parsley and a little cayenne. Let this cook together gently for ten minutes, then break carefully into this mixture the number of eggs required, one at a time; baste with the butter mixture until set. Lay each egg on a piece of toast and pour a portion of the mixture over each egg, and send to the table very hot, garnished with parsley.—Ex.

THE CAUSE FOR AMERICAN CATARRH.

It is a well-known fact that modern changes of temperature induce catarrhal affections, and it is also evident that the best prevention of a "cold" is a ready adaptation to the varying conditions of an uncertain climate. The latter implies a certain resisting quality of the respiratory mucous membrane, which must be necessarily developed along rational lines. The hardening processes thus become questions of vitality, habit, and environments. The old Indian explained his immunity against low temperature by explaining that he was "all face." It was with him the habit of exposure to inclemencies and its reactive protecting tendency. The other extreme is seen in the coddling process which our modern methods of civilization encourage. "When houses were made of willow, the men were made of oak." Our super-heated houses reverse these old-time conditions. The dry hot air of the modern dwelling is undoubtedly the most prolific of all the predisposing causes of catarrhal troubles. The mucous membranes are thus placed in the worst possible condition for resisting the impression of the outside atmosphere. Their natural protective secretions are not only decreased, but the blood supply of the air passages becomes relatively superabundant, congested, and sluggish, and the beginning of the end is evident enough. Persons who are luckily unaccustomed to these high temperatures often experience a sense of oppression from the same cause. It is the protest of healthy resistance against artificial enfeeblement. Foreigners say, with truth, that Americans literally bake themselves in their houses, and there is in this connection also much reason for their opinion as to the cause of the American catarrh.—Medical Record.

THE SIN OF MURMURING.

Murmuring is a species of blasphemy. You are in the Lord's guest-chamber. You sit at his table. If you complain of the fare, you insult him on whose bounty you live. If you doubt whether you will be taken care of, you impugn the truthfulness and love of him who declares that he is more willing to give things to them that ask him than parents are to give bread to their children.

Mark Guy Pearse says: "God does not pitch men into the world haphazard. Don't cry out so much against your 'circumstances'; it is half blasphemy. What you have to do is to find Christ. He will be a match for your circumstances." If you had eyes and hearts of faith, we would see that whatever he gives is best for us.—Selected.

**ALLEN'S
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BALSAM**

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**COUGHS,
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A 25c. Bottle for a Simple Cold.
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Sold by all Druggists.

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In the Blood brings
Humors and Boils, Salt
Rheum, Eczema and
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IT RESTORES THE STOMACH
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