

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. USE

Painkiller

Troubled with Kidney Trouble for Six Months.

Many Men and Women Are Troubled With Kidney Trouble, Some For Less Time, Some For Longer—No Need To Be Troubled For Any Length Of Time, If They Only Knew Of The Cures Being Made By

DOAN'S KIDNEY PILLS.

Backache Is The First Sign Of Kidney Trouble—Then Come Complications Of A More Serious Nature.

DOAN'S KIDNEY PILLS.

TAKEN AT THE FIRST SIGN OF BACKACHE WILL SAVE YOU YEARS OF MISERY. Mrs. William H. Banks, Torbrook Mines, N.S., tells the public about the great qualities of Doan's Kidney Pills in the following words:—I was troubled with kidney trouble for six months, and had such terrible pains across my kidneys all the time that I could hardly get around. After taking one box of Doan's Kidney Pills I began to feel better, and by the time I had taken three boxes I was completely cured.

Price 50c. per box, or 3 boxes for \$1.25; all dealers or The Doan Kidney Pill Co., Toronto, Ont.

Not Only Relief; A Cure.

ASTHMA

Many discouraged Asthmatics who long for a cure or even relief lack faith to try, believing a cure impossible. HIRMROD'S ASTHMA CURE is truly a grand remedy and possesses a virtue unknown to other remedies that not only instantly relieves but cures.

The late Sir Dr. Marcell McKenzie, England's foremost physician, used HIRMROD'S ASTHMA CURE constantly in his private practice. If you are discouraged send for a generous free sample. It will not disappoint you.

HIRMROD'S ASTHMA CURE is a standard remedy prescribed by many eminent physicians and sold throughout the world for over a quarter of a century. A truly remarkable testimonial in itself.

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Maypole Soap Washes and Dyes.

Successful home dyeing is a pleasure with Maypole Soap because "no mess, no trouble" as with the old-fashioned powder dyes. Quick, easy, safe, sure and the colors it yields are absolutely fadeless. Brilliant beyond compare.

Sold everywhere. 10c. for Colors. 25c. for Black.

CHURCH BELLS
Chimes and Peals,
Best-Registered Copyright and Trade-Mark.
M. SHANE BELL FOUNDRY

When answering advertisements please mention the Messenger and Visitor.

A GUARANTEED CURE FOR DYSPEPSIA K.D.C.
ON MONEY REFUNDED
IF NOT CURED. Write for testimonials & guarantee.
D. C. CO. Ltd. Boston, U.S. and New Glasgow, N.S., Can.

The Home

LABOR-SAVING DEVICES ARE TRULY ECONOMICAL.

BY S. H. H.

Money is never wasted in purchasing labor-saving devices and helps of real merit. It is a poor policy to load the kitchen with utensils that may never be used. It's an extravagance in more ways than one; it is work increased. It is a pleasure to most of housewives to cook in a well-arranged kitchen. It is then that the daintiest dishes are prepared, for most housewives have to prepare their own meals at one time or another. The best managers in household affairs are those who study to get every device for lessening labor and their daily duties, so that they can secure for themselves some hours of quiet and healthful repose, so necessary to every human heart. Think of a housewife standing up in her kitchen to wash dishes three times a day; then comes the cooking. She should never stand up to do this work, but get an easy, restful chair, just tall enough to accommodate herself at the table. She should keep a mop, a little borax to soften the water, and put in enough White Wave to cut the grease and to clean her cooking vessels; have plenty of nice white tea-towels, and towels without lint for the glassware. Seek to learn the easier, more healthful methods. It is wonderful how many you can find when you make up your mind to do so.—Sel.

USEFUL RECEIPTS.

Orange Pudding—Soak a pint of grated bread crumbs in one and one-half pints of milk; add one well-beaten egg, one quarter of a cup of sugar, and butter the size of a walnut. Pour about two-thirds of the mixture into a buttered pudding dish, and on top lay a cupful of sliced oranges. Add the rest of the pudding and bake in a moderate oven.

Marlboro Pie—Beat two eggs light, stir into them half a cupful of milk to which has been added a tiny pinch of soda, and let this get cold. Beat it into a cup of strained apple sauce, sweeten to taste, and season with mace or nutmeg. Bake in a deep pie dish with a lower crust, and lay strips of paste across the top.

Scrambled Eggs—Take two eggs, pepper and salt, one ounce of butter, one dessert-spoonful of milk; buttered toast. Beat up the eggs with the milk, season with pepper and salt; melt the butter, pour in the eggs, and keep them stirred till creamy and about set. Spread out on buttered toast, garnish with crisp parsley, and serve hot.

German Puff—Beat the yolks of three eggs until very light, add one cupful of milk, one tablespoonful of melted butter, one-half cupful of flour and one-half a salt-spoonful of salt; beat all until very light, then bake in hot, buttered gem tins about twenty minutes in a quick oven. If the puffs are beaten very thoroughly they will require neither baking powder nor soda. For the sauce, beat the whites of three eggs to a stiff froth, add two-thirds of a cupful of fine sugar, then add the juice of one lemon or orange, or any fruit juice.

Beef Tea—Mince or shred finely half a pound of lean beef, free from skin, fat and gristle. Put it in an earthenware jar with half a pint of cold water, add a small pinch of salt, and let it stand for about half an hour. Place the jar in a stewpan with boiling water about three parts up the jar, cover the jar with buttered paper, and allow the water to simmer for about two hours; or place it in a fairly heated oven for three hours. Remove all particles of fat that may rise to the surface, then strain the contents of the jar, and serve the beef tea. A small quantity of good meat extract added to the above will give the beef tea a better flavor, and it will make it more nourishing.

Lemon Filling for Tarts—Mix together one cup of sugar and one heaped tablespoon of cornstarch, pour over it one cup of boiling water, and let it cook ten minutes. Add one tablespoon of butter,

the grated rind and juice of one large lemon, and, just as you take it from the fire stir in the well-beaten yolk of an egg. When well mixed fill shells that have been baked over outside of the tins. The white of the egg may be beaten stiff with one heaped tablespoon of powdered sugar and piled on the top of each.

Cooking Onions—There is no way of frying an onion in a pan with a little butter, as is commonly recommended in cook books, which will produce a satisfactory result. The onion softens and absorbs the butter, owing to the natural law of capillary attraction, and the result is that the butter and onion become a dark and greasy mess. There is but one way to fry this vegetable which will give the right result. Cut the onion in slices and soak it in milk for at least ten minutes; then dip the slices in flour and immerse them in boiling fat, hot enough to brown instantly a bit of bread thrown into it. You cannot keep the onion in slices, so it is not worth while to try to do so. After they have fried for six or seven minutes they may be lifted out with a skimmer on to brown paper, and they will be found firm and thoroughly delicious. Cooked in this way, they may be served as a garnish to a daintily broiled beefsteak or to a dish of fried chops or beef croquettes.—Sel.

In an Iowa court, recently, a lawyer arguing his case became very earnest. Then he paused a moment, and said, "I see your Honor shakes your head as to that statement, but I desire to re-affirm what I have remarked." The court retorted: "I have not intimated how I shall construe your evidence or what my decision shall be. Your remarks are uncalled for." "You shook your head" retorted the lawyer. "There was a fly on my ear, and I reserve the right to remove it in any manner I see fit. Proceed with your argument."—Green Bag.

The little daughter of the house sat down beside the minister and began to draw on her slate. "What are you doing?" asked the clergyman. "I am making your picture," said the child. She worked away earnestly, then stopped, compared her work with the original, and shook her head. "I don't like it much," she said. "That's a great deal like you. I guess I'll put a tail to it, and call it a dog."—Duluth Tribune.

One very cold day Tom, in his first trousers, was walking with his tiny overcoat turned back to its utmost limit. "Tom," said the father, meeting the child, "button your coat." But the boy demurred. "Look at mine," added his father. "Yes," said Tom, meekly, and obeying under protest; "but everybody knows that you wear trousers."—Youth's Companion.

AN OPEN LETTER TO MOTHERS.

We are permitted to make public the following letter, which is a fair sample of hundreds written by mothers throughout Canada praising Baby's Own Tablets:

Dunbar, Ont., March 18, 1903.

Several weeks ago my baby was very cross and ill owing to troubles common to children when teething. A correspondent highly recommended Baby's Own Tablets, saying she would use no other medicine for her baby. I sent for a box, used them according to directions and must say that I have found them the best medicine for a teething child I have ever tried. One Tablet every other day keeps my baby well and I am sure of my rest at night. I echo the words of my friend and say "they are just splendid."

Mrs. Charles Willard.

Baby's Own Tablets will cure all the minor ailments of children, and may be given with absolute safety to even a new born baby. These Tablets are the only medicine for children sold under an absolute guarantee to contain no opiate or harmful drug. Sold by druggists or sent by mail post paid at 25 cents a box by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion. It whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is no Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of Charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat. I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."



Heals and Soothes the Lungs and Bronchial Tubes. Cures COUGHS, COLDS, BRONCHITIS, HOARSENESS, etc., quicker than any remedy known. If you have that irritating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.

USED FOR EIGHT YEARS.

I have used DR. WOODS' NORWAY PINE SYRUP for every cold I have had for the past eight years, with wonderful success. I never see a friend with a cough or cold but that I recommend it.—M. M. Ellsworth, Jacksonville, N.B.

PRICE 25 CENTS.



Write on a post card to-day and we will send you the funds to buy it. Don't delay. Forward direct, Port Huron, Ont., says "I received my watch, in good condition. It is a beauty and I am very much pleased with it." THE DOMINION TRADING CO., DEPT. 104, TORONTO, Ont.

\$25 APRIL, MAY and JUNE

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On our employment list there are unfilled positions with salaries ranging from \$15 to \$35 per month. We receive over one call per day for MARITIME TRAINED students.

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