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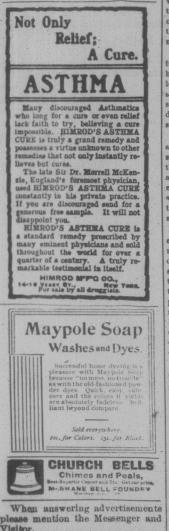
Troubled with Kidney Trouble for Six Months.

Many Men and Women Ate 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 DOAN'S KIDNEY PILLS TAKEN AT THE FIRST SIGN OF BACKACHE WILL SAVE YOU YEARS OF MISERY. Mrs. William II. Banks, Torbrook Mines, N.S. tells the pub-lie 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 seroes 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.





MESSENGER AND VISITOR.

JE The Home JE

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 ntensils 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 honsewives have to prepere 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 wonsterful how many you can find when you make up your mind to do so .- Sel.

ULEFUL RECEIPTS.

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

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

Scrambled Eggs-Take two rggs, 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 par-ley, 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 sail 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, best the whites of three eggs to a stiff broth, 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 picch of salt, and let it stand for about helf an hour. Place the jar in a stewpau 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

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 haked over outside of the tins. The white of the egg may be beaten st'ff with one heaped tablespoon of powdered sugar and piled on the top of each.

Cooking Onious .- There is no way of frying an onion in a pan with a little but-ter, as is commonly recommended in cook books, which will produce a satisfactory result. The opion softens and absorbs th bulter, 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 daintilly broiled beefsteak or to a dish of fried chops or beef crcquettes .- Sel.

In an Iowa court, recently, a lawyer arguing his case became very earnest. Then he paneed a moment, and said, "I see your Honor shakes your bead as to that statement, but I desire to re-sffirm 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 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. "Taint 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 infned, back to its utmost limit. Tom, "sail the father, meeting the child, "button your coat." But the boy de-murred. "Look at mine," added his murred. "Look at mine," added his father. "Yes," said Tom, ruefally, and obeying under pro est; "but everybody knows that you wear tronsers .- Youth'

AN OPEN LETTER TO MOTHERS.

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

Canada pairtry habys own Tablets: Dunbar, Ont., March 18 1903. S veral weeks ago my baby was very cross and 11 owing to troubles commen to children when teetbing. A correspondent light recommended Baby's own Tablets, saving sie wou'd us no other med elne for her beb. Is at for a box, used them necording to directions and must say hat I have found them the best madleine for a teetbing child I have ever tried. One Tablet every other any keeps my baby well and I am sure of up reat at night. I eche the words of my triend and say "they are just splendid."

Mrs. Charles Willard.

A small quantity of good uncet extract added to the above will give the beef team better flavor, and it will make it mine nourishing. Lemon Filling for Tarts.—Mix together one cup of sugar and one heaped table, spoon of cornstarch, pour over it one cup of boiling water, and let it cook ten minutes. Add one tablespoon of butter,

THE VALUE OF CHARCOAL. Few People Know How Useful it is in Pre-

serving Health and Beauty.

serving 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 humau system for the same cleansing purpose. Charcoal is a remedy that the more you take of it the better; it is not a drog at all, but simply absorbs the gases and im-purities always present in the stomach and intestines and carries them out of the system. avstem

system. Charcoal sweetens the breath after smoking drinking or after eating onions and other odorous vegetables. Charcoal effectually clears and improves the complexion. It whiters the teeth rnd further acts as a natural and eminently of eathering.

In the second set a natural and competity safe cathartic. It absorbs the ipjurious gases which col-lects in the stomaca and bowels; it disin-fects the mouth and throat from the poison of catarth. All druggists sell charcoal in one form or another, but prohably the best char-

polson of catarn. All druggists sell charcoal in one form or another, but probably the best char-ostaard's Absorbent Lozzages; they are staard's Absorbent Lozzages; they are obstract's Absorbent Lozzages the char-ostaard's absorbent lozzages, the char-ostaard's absorbent lozzages, the char-ostaard's and other harmleas antiseptife in tablet form or rather in the form of the start setting lozzages, the char-ostaard's use of these lozzages will soon the start setting lozzages will soon the start of these lozzages will soon the start setting lozzages will soon the start setting lozzages will so the start's Absorbent Lozzeges vol loztenes and to clear the complex in and purify the breath, month and throat. I also be the start's Absorbent tores, and al-though in soome sense spatent preparation yiel blever is get more and better char-os in Stuart's Absorbent Lozzenges than in any of the ordinary charcoal t-blets."

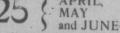


Heals and Soothes the Lungs Bronchial Tubes. Cures COUGHS, COLDS, BRONCHITIS, HOARSE-NESS, etc., quicker than any rem edy known. If you have that irri-tating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.

USED FOR EIGHT YEARS.

I have used DR. WOOD'S 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.





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