"Emulsion

Prevents Emaciation Increases the Weight Builds up Solid Flesh Sweet and Palatable as Cream Does not Derange Digestion.

A POSITIVE CURE FOR

Nervous Exhaustion, La Grippe, Anaemia, General Debility and Pulmonary Diseases.

Was Very Weak and Nervous.

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MILBURN'S HEART AND NERVE PILLS

WILL DO IT.

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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. HIMROD'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. Morrell McKenzie, Egland's foremost physician, used RIMROD'S ASTHMA CURE constantly in his private practice. If you are discouraged send for a generous free sample. It will not disappoint you.

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When answering advertisements ease mention the Messenger and

The Home

POTATO CROQUETTES.

One pint of hot mashed potatoes, one tablespoonful of butter, half a teaspoonful of white pepper, a speck of cayenne, balf a teaspoonful of salt, same of celery salt, a few drops of onion juice, and the yolk of one egg. Mix all together except the egg, and beat until very light. When slightly cool add the yolk of egg and mix Rub through sieve and add one teaspoonful of chopped parsley. Shape into rolls. Roll each croquet in sifted crumbs, then in beaten evg, then again in crumbs. Fry in smoking hot fat one minute. Drain on brown paper and stick a clove in each croquette

GLAZED SWEET POTATOES.

Select potatoes of uniform size, pare and cut i to long oval shape. Cook in boiling salted water until nearly tender. Mix one fourth cupful of sugar with one fourth capful of butter, and melt in one half cupful of hot water. Arrange the potatoes in a granite ware pan. Moisten with the sugar mixture. Set them into the oven and baste often with this slup. Cook unglaze; but do not let them burn.

A recipe for chicken salad is one pint each of cold boiled or roasted chicken and celery, or half as much celery as chicken. Cut the chicken into quarter inch pieces. Scrape, wash and cut the celery in dice. Mix and marinate with a French dressing and keep on ice untik ready to serve

Make a mayonnaise dressing and mix part of it with the chicken; arrange the salad in a dish, pour the remainder of the dressing over it and garnish with celerv leaves, capers or lettuce and yolk of hard botled egg rubbed through a fine strainer.

Mayonnaise dressing is made as follows: Yolk of one hard boiled egg, rubbed to a powder; yolk of one raw egg; mix together with olive oil until pasty and add 1/2 teaspoonful of vinegar, 1/4 teaspoonful of paprika-salt to taste (put in last) and one cup of oil stirred in drop at a time. All condiments and dishes should be very cold.

The best pumpkin pies are made of squash, and the receipe here given makes a most delicious pie

Select a large squash and be sure it is quite solid. Wash it thoroughly in cold water and wipe quite dry; then cut it in halves, remove the seeds and with from the inside; place the two halves, rind side down, in a big dripping pan with water to the depth of an inch; stand the pan in the oven and let the squash bake till the pulp can be easily pierced with a broom splint; then remove the pan from the oven

With a big spoon scoop the pulp from the rind; put it in a colander and pass it through with a polato masher into a bowl; put a quart of the pulp in a la ge bowl; season it with a teaspoonful of sa'f, and. while it is still hot, stilr a generous table spoonful of butter through it; next add a well rounded teaspoonful each of mace, cinnamon, giuger and a saltspoonful of grated lemon rind; then stir in a small cupful of molasses.

In another bowl best to a cream the yolks of three eggs and one entire egg, making four yolks and one white, and a cupful of sugar; add this to the spuash pulp; then stir in a plut of milk and a half pint of cream. Line two deep ple plates with a rich paste; pour in the mix-ture and bake in a quick oven. This is the perfection of pies.

As it is nearly pie-plant season, I want to tell you the essiest and surert way of canning that plant. Simply peel the stalks and cut them into small pieces, and put into self-sealing glass jars. Shake down till the jars will hold no more, then fill with cold water and screw on the lid. I tried putting boiling water on some pie-

plant last year, but that spoiled; while what was put up in cold water looks as nice now as the day it was canned.—Ex.

I wou'd like to tell all the sufferers from "corns" that they have a sure and safe remedy right at hand. Take a small bit of cotton, dampen it and cover with common baking soda. Bind on the corn. Renew as needed for two or three days, at the end of which time the "corn" usually comes out like a ripe wart. The relief is instantaneous, as the cotton prevents the shoe from rubbing the corn. Very bad corns have been removed with this simple remedy --- Ex.

The simplest folding bed we have ever seen was made with one of the ordinary woven wire mattresses. Four boards were fastened to the frame of the mattress, deep enough to allow room for bedding; two legs were fastened to one side with bolts. so that when not in use they could be folded in. The other side was fastened by large hinges to the wall of the bedroom in such a way that the bed could be folded up against the wall, where hooks and screw eyes at the upper corners held it fast. Straps may be put on at head and foot, which tying across the hedding will prevent it slipping down, and a shelf long enough and broad enough to cover the bed when folded up may be fastened to the wall, and a curtain fastened to it will concess the bed during the day.

If you cannot get a woven wire mattress, you might make the frame of four boards and stretch canvas or woven rope across the bottom This is a good bed for a boy whose room is small, or for one who has to sleep in a room which is need by the family during the day .- Sel.

A FEW "ACCOMPLISHMENTS."

Some one has suggested some things that every girl can learn before she is fif teen. Not every one can learn to play, or sing, or paint well enough to give pleasure to her friends, but the following "secom plishments" are within everybody's reach; Shut the door, and shut it softly.

Keep your own room in tasteful order Have an hour for rising, and rise. Learn to make bread as well as cake Never let a button stay off twenty-four

Always know where your things are. Never let a day pass withour doing some thing to make somebody comfortable.

Never come to breakfast without a col-

Never go along with your shoes unbut-

Speak clearly enough for everyboly to understand.

Never fidget or hum so as to disturb others - Ex

A WATERY WASTE

A three year-old was taken on a steamer excursion. Looking at the feam-crested waves, he exclaimed to his grandfather: "Gampa, who frew dere soap away?"

A MOTFER'S & ES! ONSIB'LITY

Every mother is reaconsible to som extent for the health of her little ones and the prudent mother will always been at hand the means for prote-ling the health of her children. For this ru pose there is absolutely or medicine can compare with Babys O on Tablets. These Tablets speedily relieve and promptly one all stomach truthes, break no clids check simple fivers prevent croup, and allay the irritation accompanying the cutting of teeth. They are good for children of all ages from birth nowards, and are rold under a guarantee to coutain no opiate or harmful drug. All mothers who have used Baby's O on Table's praise them and keep them in the house. Mrs John Weaver, Blissfiell, N B, sava: "I have a family of six children and have used Baby's O on Tablets and know that they are the best middlen! Have ever used for my little ones."

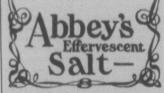
Yu can get Bab 's O on Table's from any druggist or they will be southly mill post paid at 25 cents a box by writing to the Dr Williams' Medicine Co., Brock wille, Ont. and the prudent mother will always heep

INSIST ON Abbey

Take Nature's Tonic-Fresh Fruit Salt.

Nature has its panacea for all our ills-if we've been slow in finding it out, that's not Nature's fault. - In "Abbey's" (crystalized fresh fruit juices) she gives us the best of tonic laxatives-it stops headaches -stimulates digestion - prevents dyspepsia - keeps the body's natural channels, the bowels and kidney's, healthy and responsive - drives out poisons-purifies the bloodand insures the blush of health 365 days every year.

All Druggists sell



A BAD CASE

KIDNEY TROUBLE

CURED BY

DOAN'S KIDNEY PILLS.

Kidney Troubles, no matter of what kind or what stage of the disease, can be quickly and permanently cured by the use of these wonderful pills. Mr. Joseph Leland, Alma, N.W.T., recommends them to all kidney trouble sufferers, when he says:—I was troubled with dull head-aches, had frightful dreams, terrible pains in my legs and a frequent desire to urinate. Noticing DOAN'S KIDNEY PILLS recommended for just such annoyances as mine, it occurred to me to give them a trial, so I procured a box of them, and was very much surprised at the effectual cure they made. I take a great deal of pleasure in recommending them to all kidney trouble sufferers.

Price 50c per box, or 3 for \$1.25; all

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APRIL, MAY and JUNE

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