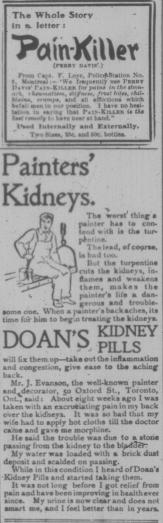
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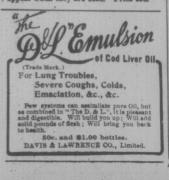
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LAXA - LIVER PILLS. These little black fellows act easily and naturally on the system clearing away all bile and effete material Constipation, biliousness, dyspepsia, sick headache, heartburn, waterbrach-all'dis-appear when they are used. Price 25c.



MESSENGER AND VISITOR.

at The Home at

TRUE ECONOMY.

Economy is a virtue that every should practice, but it should be judi-clously exercised. The economy that places poor food on the table, or deprives the family of necessary comforts when these comforts are within reach of the purse, is a false economy. In the best sense of the word, economy means a conservation of the health, strength, and general resources. It means that the health should be taken care of, that the body must be comfortably and warmly clad, and that plenty of wholesome, wellcooked food must be supplied, in order that the general vigor be retained, and illness and doctor's bills be prevented. One serious spell of illness, caused by the neglect of some law of health, will cost the savings of a year, besides causing much loss of time and a great drain o the physical resources that may be felt more or less during the remainder of life.

It does not pay to reserve for the family use only the poorest and cheapest food, while all the best of the butter, eggs, and other farm produce is sent to the market. A wise farmer will manage so that he has not only enough to supply his own table, but plenty to sell besides. It costs little o prepare an appetizing meal; it is not the quantity, but the quality, of the food that is of prime importance.

In shopping, also, the same rule ap plies. It always pays to buy the best materials, as they last much longer and retain their beauty until worn out. One good dress will outlast two or three cheap ones, besides having the charm of elegance, which they lack. In purchasing vinter goods, one thing to be remembered is to avoid novelties of all kinds. They are beautiful just at the time they are stylish, but their beauty is gone 88 8001 88 the season is over, as no one likes to wear a thing which so loudly proclaims that it is a thing of the past. Also in dress-making it is always wise to choose the more conventional styles, never the extremes. A dress can be worn two or three seasons with but little alteration. A good rule to remember in buying a dress is to think of its future possibilities. Novelties are only for those who do not need to take the future into account.

There are many ways of economizing without seriously interfering with the general comfort, if only it is done intelligently .- Florida Agriculturist.

GREEN TOMATO PRESERVES

Place on the stove a gallon of water in which put two ounces of green ginger. When this boils add the green tomatoesone peck-washed and perfectly sound. Simmer gently for an hour, moving the upper ones to the bottom of the pot, taking care not to break. When done take out and lay on a platter. For every pound of fruit allow one pound of sugar and one-half pint of water. Put over the fire and add the ginger from the first water, stir until it boils, then put in the tomatoes. Cook slowly until clear, then place on platters again and let them cool; place in jars and add the ginger and syrup which has been reduced by boiling until just enough to cover the fruit. When cold cover.-Ex.

PANCAKES

Do you want to make pancakes, light, brown, delicious, wholesome? Then proceed as follows and you must succeed : Suppose you have a family of six, take three cups of flour, one teaspoonful of salt, three teaspoonfulsgof baking powder (or two of cream of tartar and one, of soda) smoothed itogether ; or, if your liquid is sour milk, buttermilk, or sour cream, one heaping teaspoonful of soda dissolved first in warm water and then added to the milk, in warm water and then acced to the mile, which should be about three cups, perhaps more), and three eggs. Add to the flour the salt and baking powder (a small table spoonful of butter or lard rubbrd in will make them shorter but is not at all

necessary), then the eggs well beaten, and enough liquid—milk or water—to make a stiff batter. Beat well so as to leave no lumps and also to make the batter light, and then thin to the desired consistency. Now for the frying. If the pancakes are to be rich, delicious, indigestive, drop into boiling fat. They will be quite as delicious, however, and much more wholesome, if dropped on a pan which has been heated and wiped off with a clean rag (a piece of and wiped off with a clean rag (a plece of turnip serves the same purpose) on which is just a suspicion of fat. Without renew-ing the fat continue to wipe between the panfuls. Do not use the thin, sheet-iron frying pan, but the heavier cast iron, or, better still, a soapstone griddle. These pancakes can be made with fewer eggs and still be good and light, for a woman of resource must learn to adapt her recipes to the material of hand, which will vary with the season.—Ex.

HOME RULE.

The following rules for the government of children, which were first presented in of Jacob Astor's books, are said to have been of great service to many teachers. Both teacher and parent might profit by

Both teacher and particle and their practice : When you consent, consent cordially. When you refuse, refuse fually. When you punish, punish good-na-turedly. Commend often. Never scold.

TOMATOES AND CORN.

Two cups of tomatoes, peeled and sliced; one cup of green corn cut from sliced; one cup of green corn cut from the cob and chopped a little, one teaspoon ful of salt, one tablespoonful of sugar, butter size of hickfory nut, one and three-quarter cups of sweet milk, slightly thick-ened with a heaping teaspoonful of flour and added just before serving. This can also be made from canned corn and tomatoes.—Hr.

PEEVISH CHILDREN.

Make the Mother's Life One of Care and Worry-How to Keep Baby Healthy and Happy:

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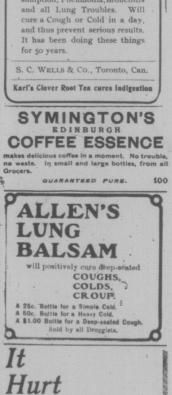
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Your Faith

JANUARY 29, 1902.



The pain, nausea and dis-tress that Dyspeptics suffer after every meal can all be permanently removed by Bur-dock Blood Bitters.

To Eat.

It tones up and restores the stomach to normal condition so that it digests food without causing discomfort.

Here's proof positive :

Miss Maggie Splude, Dalhousie, N.B., wrote the following: "I have been as sufferer from Liver Complaint and Dys-pepsia for the past two years and felt wery miserable. I could not take much food as it hurt me to eat. My friendes said, "Why don't you try B.B.B.' I did so, using two bottles, which made such a complete cure that I can now est any thing I like without it causing me discom fort."

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