

## WHAT CAN I DO?

If you cannot from the platform  
Make an energetic speech,  
Or from sacred desk or pulpit  
Gospel sermons ever preach;  
You can visit homes where evil  
Holds an undisputed sway,  
And for Christ's sake you can urge men  
From their sins to turn away.

If you have no love for singing,  
And for music have no ear,  
You can enter homes where sorrow,  
Pain, and grief are ever near;  
And in tones of tender pity  
You can break hearts console,  
Pointing to the only Saviour  
Who can make those spirits whole.

If from meetings of committee  
You would rather stay away,  
You can ask the Lord to bless them  
At the meeting when you pray;  
And when work has been arranged for,  
You some humble part can take  
Which will prove a thorough pleasure  
If 'tis done for Jesus' sake.

If you cannot, then, do great things,  
There are small ones you can do,  
And a sphere of Christian labor  
Be assured there is for you.  
Get to work, do your duty,  
And your sweet reward shall be,  
In the voice of Jesus saying,  
"Ye have done it unto Me."

—E. E. F., in *The Missionary Outlook*.

## THE HOME.

The Best Methods of Self-Culture for Our Young Girls.

BY MRS. MARGARET BOTTOMS.

I would rather write to girls than of them, but I must keep to the text you have given me, and I would like to answer so that some girls should be helped. I read some time ago this sentence: "Blessed be drudgery, the secret of all culture." The writer said: "You know all Beattitudes are based on something hard to do or to be. Blessed are the meek. It is easy to be meek, but it is hard to be pure in heart. Is that so very easy? Blessed are they who hunger and thirst [who starve] after righteousness." So the writer thought that this new beatitude of blessed drudgery fell in with the rest, and in thinking it over I see much of truth in it. The very things we think we must get rid of in order to be cultured are the very things that make us cultured. And it seems to me we are apt to save our girls or would like to save them from the very things that are necessary to the perfection of character. Take self-denial, for instance; there can be no perfection without self-denial, and yet most mothers will deny themselves to save the daughters from the very thing they need most of all.

After the experience and observation of my life, if I had a daughter to educate, I would make most of self-denial in trying to develop her character. Then I should make so much of thoroughness. There is such danger in not being thorough. It is not so much what we do as how well we do it; "the angel aim" in what we do. I stood a long time this past summer before a picture, in the Spanish gallery in the Louvre, of a kitchen in which all at work were angels. One tall angel was putting the dishes up on the dresser; another angel was cutting up a fowl, and little angels were shelling peas and preparing vegetables for the dinner. I learned more than one lesson as I stood before that picture. I thought of "Thou shalt be done on earth even as it is done in heaven," and of course an angel would do well. I am sorry to have to use myself as a warning, but I can remember when a girl my love for commencing new things, and then not finishing them. I would rush up to a very indulgent mother, and exclaiming, "Mother, there is the loveliest pattern down the street for an ottoman you ever saw, cannot I commence to work one?" My gentle mother said more than once, "Have you finished the other piece you commenced, daughter?" No, but I was tired of that, I would finish it sometime. Now I wish my mother had been severe and said, "No, my child, you must finish what you commence."

There is a very old-fashioned word which I wish would come into fashion again; it may not appear attractive, but the comfort of a life time is in it, the old word duty. How old-fashioned it sounds, and yet how refreshing to hear a young girl say, "I think it is my duty, and that settles it."

I see more and more in this verse that our daughters may be as polished stones after the similitude of a palace. It means to me individuality, independence. A palace is never one of a row of houses; a palace stands by itself. There are rows of houses in New York so much alike that you are in danger of going in to somebody else's house instead of your own. And the trouble with so many of our young girls is that they want to be just like some one else; they dress like some one else; they belong to a row. Now, what we want among our young women is palaces standing on one's own convictions and acting them out.

I am not the woman I would like to be. I see my imperfections clearly enough; but what I am I owe to the determination I had as a young woman—that I would go the way that seemed right to me, though I should be called peculiar, and that was a very hard thing for me in those young days to be called. I would say to every young woman, "Have the courage to be yourself." I used to attend a meeting for many years where people told their experience, and I have to smile now when I think how much I suffered in those meetings; but I never could speak just as they did. I could not say the same thing, and yet I wished I could, and it used to seem to me I carried only a little basket with simple flowers in it. And then the question with me was whether I should venture to give any of my flowers. At last I would say to myself, "Well, it only costs me a penny to help someone else, and I would give my little flowers." Of course, I sometimes would feel mortified, but again would be quite lifted up when some one came and told me I had helped him by my illustration. Oh how much I owe to my penmanship that I would be myself, and yet there was an earlier period when I tried so hard to be like one I admired who was the very opposite of me. But I gave it up and accepted myself. So I would say to each, "Daughter, be yourself; deny

the selfish self in you; what you undertake to do, do it thoroughly; have much of the spirit of this one thing I do; be determined to do your duty as you see it. So with all the advantages of our young men have, as we have, in the last decade of this century, you will develop a nobler type of womanhood than the world has ever seen, and which the world will need in the twentieth century, now so near to us.—*Christian Advocate*.

## Hints for the Housewife.

In poaching eggs do not drop them into boiling water, as it destroys their shape. Have the water boiling hot, set the spider on the back of the stove until the eggs are cooked.

HALF a teaspoonful of sugar will nearly always revive a dying fire, and, unlike a few drops of coal oil which the servants are so fond of using, and which have caused so many sad accidents, is perfectly safe.

To mend a large hole in socks or worn underwear tack a piece of strong net over the aperture and darn over it. Thus mended the garment will be stronger than when new, and look far neater than when darned in the ordinary way.

If food is to be kept warm for someone who could not join the family at the regular meal, do not set it in the oven to dry up, but on a covered plate set over hot water, or, better still, in separate covered dishes set in a pan of hot, but not boiling, water.

In taking a bath add a teaspoonful or more of powdered borax to the water; it will make the water soft and invigorate the lather. A handful of salt thrown into the bath-tub is very restful, especially when one has become over-tired from watching, or in the care of the sick or otherwise.

If a cellar has a damp smell, and cannot be thoroughly ventilated, a few trays of charcoal set around on the floor, shelves and ledges, will make the air pure and sweet. If a large basketful of charcoal be placed in a damp cellar where milk is kept, the milk will be in no danger of becoming tainted.

Cream and acids do not curdle, while milk and acids will.

To prevent layer cake from sticking, grease the tins and dust in a little flour. Roasting meat turn with a spoon, instead of a fork, as the latter pierces the meat and lets the juice out.

If sponge-cake is mixed with cold water, it is yellow; but if the water be boiling hot the cake will be white. Doughnuts are out out an hour before they are fried to allow a little time for rising, they will be much lighter. Try cutting at night and frying in the morning.

GRAVY will generally be lumpy if the thickening is poured in while the pan is over the fire. Set the pan off until the thickening is well stirred in, then set it on the fire and cook thoroughly.

A TEASPOONFUL of corn-starch mixed with a cupful of salt, will remove all possibility of dampness in the shaker. When making white cakes use one-half teaspoon more of cream of tartar than soda as this extra quantity of cream of tartar makes the egg whites stiffer.

SCALD the bowl in which the butter and sugar are to be creamed for cake; the hot dish heats the butter so that it will blend much easier with the sugar. If you fear cake may be prevented from cracking when out, by adding one tablespoonful of sweet cream to each unbeaten egg. Stir all up together, then add sugar until as stiff as can be stirred.

SOLUTION for cleaning silver and brass.—Take one quart of rain water add two ounces of ammonia and three ounces of precipitated chalk. Bottle and keep well-corked, and shake before using. Wash silver in hot, soapy water and rinse in clean hot water.

A good cement for mending broken china: Dissolve a little gum-arabic in a little water so that it is rather thick, put enough plaster of Paris into this to make a thick paste. Cement broken pieces of china together, and in half an hour they cannot be broken in the same place. Hot water seems to make it more firm.

A VALUABLE salve for cuts or wounds of any kind:—Boil one half-ounce of thick sweet cream ten or fifteen minutes, stirring constantly; when cold, beat it thoroughly, and shake before using. Bottle and cork tightly or make fresh every time.

To keep the bread-jar and cake box sweet, rinse after washing, with boiling water in which a little common soda has been dissolved; then set out of doors in the sun for a few hours.

KIER sewer pipes, connected with stationary stands, clear and wholesome by scalding once a week with boiling water in which washing soda has been dissolved remembering that many a case of diphtheria have been attributed to foul sewer pipes.

A GANTON-PLANNED bag, made up with the downy side out, is a great convenience on sweeping day. Slip it over the broom and dust walls and wood-work with it. The bag is convenient also for dusting hard wood floors. For this purpose, dampen it slightly, and the floor may be kept clean a long time without washing.—*Ladies' Home Journal*.

DATE BREAD.—To each pint of very light wheat flour sponge add a level tablespoonful of salt, two heaping tablespoonfuls brown sugar, and entire wheat flour sufficient for a batter as stiff as can be stirred with a stout wooden spoon; next stir in two rounded cupfuls of dates, having first washed, dried, and stoned them.—*Ladies' Home Journal*.

POOR MAN'S TEMPERANCE PLUM PUDDING.—Take one cup of finely chopped suet, one of milk, one of currants, three and a half cups of flour; mix, and add one tea-spoonful of soda and spices of all kinds to taste; beat to a dough; put in a pudding-dish; place the latter in a steamer and steam for three hours. This is one of the most inexpensive of all plum puddings and is a surprisingly good one. The substitution of currants for raisins is an economy which by no means detracts from the merit of the pudding.—*Mail and Express*.

Many diseases of the skin are not only annoying but are difficult to cure. You will not be disappointed if you try Baird's French Ointment. It also cures insect stings, piles, chapped hands, &c. Sold by all dealers.

## The Use Of

Harsh, drastic purgatives to relieve constipation is a dangerous practice, and more liable to fasten the disease on the patient than to cure it. What is needed is a medicine that in effectually opening the bowels, corrects the costive habit and establishes a natural daily action. Such an aperient is found in

## Ayer's Pills,

which, while thorough in action, strengthen as well as stimulate the bowels and excretory organs.

For eight years I was afflicted with constipation, which at last became so bad that the doctors could do no more for me. Then I began to take Ayer's Pills, and soon the bowels became regular and natural in their movements. I am now in excellent health.—*Wm. H. DeLaunoy, Dorset, Ont.*

When I feel the need of a cathartic, take Ayer's Pills, and find them to be more

## Effective

than any other pill I ever took.—*Mrs. R. C. Grubb, Burwellville, Va.*

For years I have been subject to constipation and nervous headaches, caused by the derangement of the liver. After taking various remedies, I have become convinced that Ayer's Pills are the best. They have never failed to relieve my bilious attacks in a short time, and I am sure my system retains its tone longer after the use of these Pills, than it would after any other medicine I have tried.—*H. S. Sledge, Welmar, Texas.*

## Ayer's Pills,

PREPARED BY

Dr. J. C. AYER & CO., Lowell, Mass.

Sold by all Dealers in Medicine.

Why He Renounced Vegetarianism.

Dr. Alamus, the former leader of the vegetarians in Germany, has renounced his faith, and resumed the use of animal food. In a letter written to a local paper he gives the reasons for his apostasy. He had lived for a long time, he says, on a purely vegetable diet without experiencing any ill effects, feeling no worse and no better than he had formerly while living as the rest of mankind. One day, however, he found that his arteries were apparently becoming atheromatous. He was unable to account for this, as he was not a drinking man, and was still under forty years of age. Finally he came across a statement by an eminent authority to the effect that abstinence from animal food was a fertile cause of atheroma. He could hardly have been much of a student of dietetics not to have come across that theory until his own arteries had become diseased. There is nothing like taking comfort out of everything, however, and he now consoles himself with the remark, that he has "become richer by one experience, which has shown me that one single brutal fact can knock down the most beautiful theoretical building."—*Medical Record*.

Minard's Liniment cures Distempers.

## THE FARM.

THE HERRER'S FIRST CALF.—It has been suggested as being advantageous to have a heifer drive her first calf in the spring, just as the fresh grass is starting. This kind of food is good for her health, and it stimulates milk secretion. Wheat, bran and corn-meal are a help, but be very careful with the corn-meal at first. When the calf is born, keep it with bran, and after a little keep adding corn-meal until it equals in weight the bran.

HINTS FOR HORSEMEN.—An Indiana farmer keeps a green pole in his stable through the winter for his horses to gnaw at. For a bad cold he keeps a white ash or cottonwood pole, but still better a poplar. To give appetite he puts in a quaking ash pole. For worms or bots he puts in slippery elm. He says that the slippery elm is the best remedy that he ever tried to expel worms, bots, and all sorts of intestinal worms from the alimentary organ of the horse. Besides, it is excellent in urinary troubles. For coughs he puts in a wild cherry pole. He says his horses prefer the elm, poplar, or cottonwood before all others. Thus saith an uncredited waif in a Western paper.

LIGHTING THE STABLES.—"Did you ever notice the way some men light their barns?" asks the *Colorado Farmer*. "Have you seen the stables that have no windows whatever, and those with one little window just above the eyes of the horse? And did you ever conclude which is the worse? A dark stable is almost barbarous; a stable with only a small window at the head of the horse is no better. Kept in a dark place, the eyes of the horse become accustomed to such limited light; and when he is taken out into the bright sunlight, his eyes are blinded by the excess of light. This is often repeated will almost surely lead to blindness. With a window just in front of him and the stable otherwise dark, the eye must be adjusted for a different quantity of light every time the horse turns his head, which causes a great strain on the nerves of sight. Stables should be well lighted with the windows behind the horse or at his side, so that only a subdued light may strike his eyes."

Minard's Liniment is used by Physicians

FEEDING WORK HORSES.—According to a noted feeder the weekly allowance per horse is, in pounds, as follows: Oats, 34; Indian corn, 20; barley, 39; hay, 61; total, 174 pounds. Part of the barley is used in a mash, and the head carter manages somehow to secure a few turnips off the farm to put in it. He also uses up the hay seed which he collects from the floor of the chopping room, and winnows; and he gets occasionally a load of straw, which he chops. All grain is crushed, and all hay chopped. There is plenty of steam, and three carters, in a slack hour or two, will cut enough hay for twenty horses for a month. The millers crank the gears when the mills are running after they have finished the malt. The food is given in boxes, with a bar across the middle in order to prevent the horses scattering their food. Most of them in trying to pick out the grain will throw it about with their noses, if not prevented by the cross-bar.

"A constantly increasing sale with the same satisfactory results for which it was first noted," writes W. W. Branscombe, druggist, of Picton, of the noted blood and liver remedy—Burdock Blood Bitters.

## A Bear In Church.

A London congregation was startled recently by the presence of a most unexpected member, in the shape of a bear. This was the way it happened:

A service was in progress at a Non-conformist chapel in the English capital one Sunday morning not long ago. The good pastor had just announced his text, "Be not afraid," when a lady in the congregation uttered an exclamation started toward the pulpit, looking back toward the door as she did so.

The movement attracted the attention of the congregation toward the back of the church, and there they saw a large bear taking a seat in an unoccupied pew, as if he intended to participate in the worship.

Notwithstanding the peaceable aspect of the bear, the women and children continued to leave their pews and take refuge around the pulpit, as they expected the minister to defend them, and there was general relief, even among the men, when the proprietor of the bear, an Italian, entered the church, bowed respectfully and apologetically, and attaching a strap to a ring in the bear's nose, led him out.

It seems that the bear, one of the European sort which win coppers for their owners by dancing, had been accidentally freed for a moment in front of the church, and had seen the half-open door. It entered. It is possible that he had been attracted by the sound of the hymn the congregation had just sung, for many bears are known to be fond of music.

## How a Rose Became a Mission.

A lady who lived in a big city came back one evening from the country with a basketful of roses. As she drew near her home a ragged, dirty little boy followed her with such wistful eyes that she was forced out of her basket and gave him a rose. He ran away with it, but before her door was opened, he was back again with two other grimy boys. "Please, ma'am, have you got one for them?" pointing to the boys. "If they had been begging for bread," she said, afterwards, "they could not have watched more eagerly. I gave two more roses. The boys gave a shout and darted away."

"In fifteen minutes the steps were filled with children—pale, ragged, starved little creatures. I do not know where they came from; they seemed to swarm out of the earth. I gave them all my roses, and all the flowers in my garden too, feeling quite ashamed to think how many I had and how little I valued them, while to the children they were such priceless treasures. Most of the children ran home with their flowers as if it had been a rare jewel. Later, another poor little waif rang the bell to ask if this was the house where they gave away flowers. I made up my mind then that it should be." Out of this chance gift of a rose grew the flower mission of a big city that has put many happy hours into the lives of such a number of little children.

## Chinese Ladies in Washington.

It must be a novel sight to see the tiny footed Chinese women go toiling around the streets of our national capital in the manner described as follows by a writer in the *New York Ledger*: "When the ladies of the Chinese Legation at Washington go out on the street for a walk, they are objects of universal attention. Their poor little feet are mere scraps, and they cannot walk, but hobble along like cripples, clinging to a finely fenced or padded cane, by the way—and keep a watchful eye on all their movements so long as they are in the street. They do not walk abreast lest one should fall and upset the others. They are ruddy of cheek, and bright and pleasant to look upon, and they appear to be cracking stupendous Chinese jokes about the masters by who stare at them so rudely. These aristocratic ladies are so clumsy, with their fat hands and little feet, that they are quite unable to dress themselves, but require the constant service of a maid. They appear to greatly enjoy the freedom of their American life."

—To the question, Which is your favorite poem? there may be a great variety of answers; but when asked, Which is your favorite blood-purifier? there can be only one reply—Ayer's Sarsaparilla, because it is the purest, safest, and most economical.

—This Bright New 1891

books the brightest and best of music. The 250,000 readers of this ad. are invited to send for our complete and varied stock. Send freely for lists and information.

## SOME OF OUR NEWEST BOOKS.

SONGS OF IRELAND. \$1.00. Chorus, revised collection of very favorite songs, 66 songs, 144 pages.

POTTER'S RESPONSES AND SENTENCES. 75c. A timely and good collection which will be welcomed by many choirs. More than 20 short pieces, with a number of choruses, chants, &c.

PRAYER AND PRAISE. Cantata. Ballard. A good and easy cantata, for a Choir or Church. 50 cents; \$1.00 per dozen.

MASONIC ODE. Fiddler. A new, most convenient book of easy and good music, perfectly fitted for the masonic ritual. Much needed. 60 cents; \$5.00.

COMIC AND MINSTREL SONGS. \$1.00. 60 merry songs, well calculated to make time pass cheerfully.

WINNER POLLO. Violin and Piano. Winner, large number of popular melodies, skillfully arranged for Violin, with piano accompaniment. \$1.00.

MANDOLIN AND PIANO DUETS. Winner. About 25 popular airs for Mandolin and Piano. \$1.00.

OLIVER DITSON COMPANY, Boston.

BUCKEY BELL FOUNDRY.

Bells of Pure Copper and Tin for Churches, Schools, and Public Buildings. Cast and Finished in the best manner. Catalogue sent free. VANDERBILT & CO., New York.

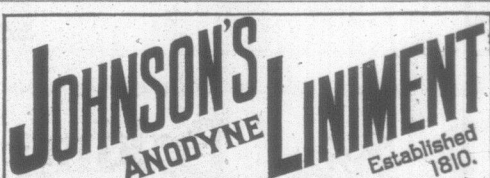
BAILEY'S

BAILEY'S

BAILEY'S

BAILEY'S

BAILEY'S



## —UNLIKE ANY OTHER.—

Positively Cures Diphtheria, Croup, Asthma, Bronchitis, Colds, Tonsillitis, Hoarseness, Coughs, Whooping Cough, Catarrh, Intermittent Chills, Malaria, the Nervous System, Toothache, Neuralgia, Headache, Sciatica, Lame Back, Soreness in Joints, Ruff Joints and Strains.

## AS MUCH FOR INTERNAL AS FOR EXTERNAL USE.

It is marvelous how many different complaints it will cure. The strong point lies in the fact that it acts quickly. Holding all Cuts, Burns and Bruises like Magic. Relieves all Stomach and Liver troubles. ORIGINATED BY AN OLD FAMILY PHYSICIAN. All who buy direct from us, and request it, shall receive a certificate that the money shall be refunded if not satisfied. Retail price by mail \$5.00, 6 bottles, \$25.00. Express and duty prepaid to any part of the United States or Canada. \$2.00. Valuable pamphlet sent free. L. S. JOHNSON & CO., Boston, Mass. GENERATION AFTER GENERATION HAVE USED AND BLESSED IT.

## BAIRD'S FRENCH OINTMENT

THIS Ointment has been used with the greatest success in the speedy cure of all eruptions arising from an impure state of the blood or from infection. It relieves and cures ECZEMA, SALT RHEUM, ITCH, SCURF, BOILS, PILES, ULCERS, CHAPPED HANDS and LEGS, INSECT STINGS, &c., in use 9 years. At all dealers. 25 cents.



Dyspeptics and others, not sick enough to be in bed, but just in that condition when nothing can be fully enjoyed, should adopt Ridge's Food as a daily diet. It will accomplish the desired result; namely, strength without taxing the digestive organs. It is sickening and Ridge's Food is invaluable. For the growing child no other food can approach it. No 4 size change-1 for family use. WOODBURN & CO., on label. Send your address to the manufacturers at Palmer, Mass., for pamphlet entitled "Healthful Hints," mentioning this publication.

## K. D. C.

## THE GREATEST CURE OF THE AGE.

Not a Cure for all ills, but guaranteed to cure any Case

## Dyspepsia or Indigestion

(The Parent of Nine-tenths of all Diseases),

## —OR MONEY REFUNDED!

To those who have not tested K. D. C. and doubt its GREAT CURATIVE POWER, if they purchase one package and use it according to directions, if not benefited we agree to refund the dollar.

One or two packages will cure ordinary cases. Six packages GUARANTEED TO CURE THE WORST CASE OR MONEY REFUNDED.

Sample package with our guarantee and testimonials sent to any address on receipt of 3c. stamp.

## K. D. C. COMPANY,

NEW GLASGOW, N. S. CANADA.

## INTERNATIONAL S. S. CO.

INTERCOLONIAL RAILWAY.

'90. Winter Arrangement. '91.

ON AND AFTER MONDAY, 24th NOVEMBER 1890, the Trains of this Railway will run daily (Sunday excepted) as follows:

Trains will leave Saint John, N.S.

Day Express for Halifax & Campbellton, 7.10

Accommodation for Point du Chene, 10.40

Fast Express for Halifax, 11.30

Express for Sussex, 12.15

Fast Express for Quebec and Montreal, 12.35

A parlor car runs each way on express trains leaving St. John at 7.10 o'clock, and Halifax at 7.15 o'clock. Passengers from St. John for Quebec and Montreal leave St. John at 10.40, and take sleeping cars at Montreal.

The train leaving St. John for Quebec and Montreal on Saturday at 10.40 o'clock will run to destination, arriving at Montreal at 10.40 p.m.

Trains will arrive at Saint John, N.S.

Express from Sussex, 6.30

Fast Express from Quebec & Montreal (Monday excepted), 10.40

Accommodation from Point du Chene, 12.40

Day Express from Halifax, 11.30

Express from Sussex, 12.15

The Trains of the International Railway to and from Montreal and Quebec are lighted by electricity, and heated by steam from the locomotive.

All Trains are run by Eastern Standard Time. D. PUTTINGER, Chief Superintendent. Railway Office, Montreal, N.B., 24th November, 1890.

STAMPS of New Brunswick, Nova Scotia, P. E. Island, Newfoundland, &c., used before 1st Jan. 1891, may be taken from the original envelopes, and sent to the Post Office, for exchange, extra for those left on the original envelopes. Cut stamps used for half their face value, \$1.00 each. These must be left on the entire envelope, and sent to the Post Office, for exchange, extra for those left on the original envelopes. List free.

H. L. HART, sole MESSENGER & VISITOR, ST. JOHN, N. B.

MEMBERLY & COMPANY, WEST TRAY, N. Y. BELL, For Church & School, and for all other purposes. For more than half a century noted for superiority over all others.