

The Farm.

The Little Preacher.

My little budding hyacinth
Was standing on the sill;
Outside the snow was falling fast
On dale, and copse, and hill.
But my sweet little hyacinth
Kept blooming all the day,
And as I lay and watched it grow
I seemed to hear it say:

"What if the sun's
Hidden from sight!
Somewhere it's shining,
Somewhere it's bright.

"So be of good cheer,
Storms will soon cease,
Then a bright future
Will bring thee peace.

"We must be brave,
Never repine;
God hath appointed
Thy lot and mine.

"Strengthen thine heart,
Do not give way—
This is the lesson
I teach today."

My little preacher hyacinth
Had preached its sermon through
And though I found it was a dream,
I needed it—do you?

—(Nellie A. Willis.

A Fair Face.

There are few people who do not feel the charm of a fair face. It is difficult to analyze this charm. It does not often consist in perfection of form or feature, attractive though these may be. That beauty which attracts us more than any outward grace is that which reflects a placid, beautiful spirit within—a spirit which dwells above all petty vexations and small worries in an atmosphere of spiritual peace. Sometimes these fair faces look out from beneath brows burrowed with care. Sometimes such faces belong to dull, plodding, middle age; sometimes to youth. The message such beauty brings to us is the same. These faces are a benediction in a weary world full of trouble, though also equally full of blessings if we look for them. Wise people soon learn that life is what we make it. It is inevitable that we shall be made responsible for our follies as well as our wrong-doings. If we accept the various disappointments, vexations and mortifications in a cheerful spirit, as lessons in life, we will not be overcome by them, and this is the first step toward conquering them and rising above our troubles. It is not the great griefs that overcome us and make us querulous and irritable. A great sorrow often lifts us to a higher plane of living and becomes a strong power to help us skyward. It is the petty griefs and vexing trifles that write wrinkles on the face, break down the temper and may make a young woman into a querulous scold. It is quite common to speak of an amiable person as a spiritless person of weak intellect. An ungovernable temper is, on the contrary, one of the marks of a weak intellect. A show of temper is one of the surest indications of a thoughtless person, without proper self-respect. Notable exceptions to this rule only prove it.

If fretting writes ugly lines on the fair face, the indulgence in fits of anger flushes the brow, swells the blood vessels of the throat and disfigures the skin with what are known as anger patches. It should be known that any disturbance of the circulation disturbs the complexion. A state of brooding over imaginary ills makes the complexion yellow and sallow, and the eye lustreless. Bad temper breeds bad humors of the blood. It is easy to enumerate other evils in plenty which exert their effect upon the face and destroy the natural beauty of line and color, and produce in its place an ugliness as loathsome as the toads and snakes that fell from the lips of the malicious tempered girl of the fairy story.

Let all young women be warned that want of faith, want of love and interest in those around them, to whom they should minister, are more baneful to beauty than old age. Listlessness and selfishness will write ugly lines on the face as certainly as bad temper or fretfulness. A sweet temper and a kindly, helpful interest in those around her will make a plain girl fair and are the best and safest cosmetics any one can employ.—N. F. Tribune.

Homemade Liniments.

The damp weather of March is a season of racking joints and various forms of rheumatic and neuralgic afflictions. A cheap and stimulating liniment that will often be found very efficacious in relieving rheumatic pains is composed of a quart of turpentine, a quart of pure coal oil or petroleum just as it runs from the well, half an ounce of powdered alkanet root and two ounces of powdered capsicum. Put the capsicum and alkanet root in a funnel, and allow the oil and turpentine to percolate through the powder and extract the substance from the capsicum and take on a beautiful red from the alkanet root. Add to the liniment one ounce of oil of peppermint and four ounces of gum camphor. This liniment should be well rubbed into the skin; it is so clean and pleasant in odor that the most fastidious person would not object to using it. Rub the skin until it is red and warm after applying it. The value of petroleum in rheumatism need not be dwelt on. The other ingredients of the liniment either serve to increase its efficacy or make it more agreeable to use.

Another simple liniment valuable in case of a lame or strained back is made as follows: Put two ounces of alcohol, two ounces of strong hartshorn and two table-spoonfuls of salt in a quart bottle, and fill it up with rain water. When the ingredients of this liniment are thoroughly mixed by shaking it frequently, use it, rubbing it on thoroughly with the hand until the skin is red and warm.

How To Make Shoes Wear.

Considerable difference will be found in the wearing qualities of two pairs of shoes of the same quality and make worn by different persons. No shoes worn continuously in the house and outdoors will give as much wear as a pair of shoes worn one day and then left to rest a day. It saves money to wear cheap house shoes within doors and let the shoes worn outdoors rest and get back into shape while the owner is within doors. Keep an old pair of shoes to wear under india-rubbers. The perspiration of the feet which india-rubber excites ruins good leather. Select strong calfskin, and keep it well oiled in winter for outdoor shoes. Low shoes are better for house wear, because they give the foot a chance to be ventilated as the hand is. In spite of its continual exposure, the hand is not afflicted as the foot so often is with corns, callous places and chilblains. This is because it is continually exposed to the air. Even when kid gloves are worn they do not compress the hand so much as the average boot does the foot and they are not worn continually as a boot is.

A DEPRESSING SEASON.

It is just now People Feel Most the Effect of Long Months of Indoor Confinement.

Winter is the most trying season of the year so far as health is concerned. Confinement indoors and overheated and impure air, makes even usually strong people feel dull, languid and generally run down. A tonic is needed to assist nature in regaining lost energy. April is the month of all months when a tonic is of the most service. Dr. Williams' Pink Pills for Pale People is the only true tonic medicine. They do not purge and thus further weaken the already enfeebled constitution. These pills make rich, red, energy-giving blood, and transform listless, tired and wornout men and women into smiling, healthy, happy work-loving people.

E. Sims, of the Salvation Army. Kingston, writes: "At the time I ordered some of your Dr. Williams' Pink Pills I was physically run down. I felt a lack of energy, and always had a tired feeling. After using your pills for a time I felt as well as ever I did."

Thousands—some of them your neighbors—have been made well by Dr. Williams' Pink Pills, but you must get the genuine, which are sold only in boxes the wrapper around which bears the full name, "Dr. Williams' Pink Pills for Pale People." Sold by all dealers or direct from the Dr. Williams Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

Old fashioned molasses candy is made as follows: Pour a quart of molasses in a large kettle. Boil it slowly for half an hour, stirring it frequently to prevent it boiling over. At the end of this time test it by dipping a little in cold water. If the candy tested is brittle when it is cold it is ready. Add a half a teaspoonful of soda to the hot candy. Put it in dry and stir the candy quickly, then pour it all out to cool. When the mass is cool enough to work butter your hands and pull it until it turns to a golden hue.

All the powerful and really useful disinfectants corrode metal and stain crockery. Copperas, one of the best for household uses, is no exception. It is better to use it hot than cold. Dissolve a pound of copperas in twelve quarts of boiling water. Pour it in all sinks and down closets when the valve is up so that it will not remain in the pan. This amount of copperas used once a month will be sufficient if poured in an ordinary house drain to keep it purified, always providing there is plenty of ventilation, which is the best means of protection against sewer gas.

Catarrh Cured After Fifteen Years' Suffering.

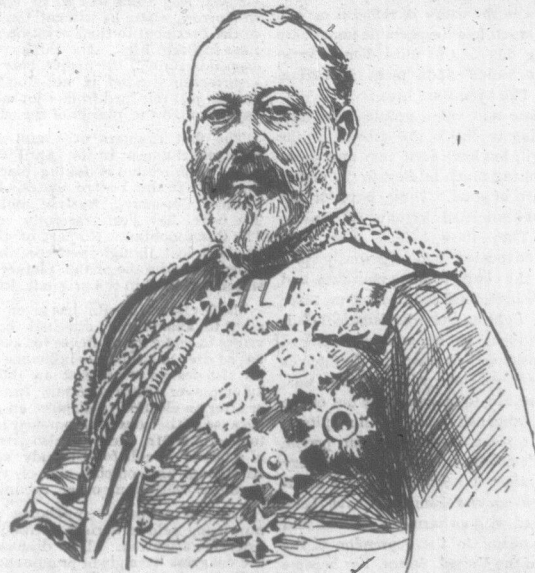
Japanese Catarrh Cure Cures.

Mr. John Crow, 421 Keefer Street, Vancouver, B. C., writes: "After receiving invaluable benefit from Japanese Catarrh Cure, I consider it my duty to add my testimony for the benefit of fellow sufferers. I had been a great sufferer from catarrh for fifteen years; and during that time I tried almost every remedy I ever heard of for this trouble, and a score of doctors; but the result was only temporary relief, and in each case the catarrh returned. I used six boxes of Japanese Catarrh Cure over one year ago, and since that time have been completely free from catarrh."

Japanese Catarrh Cure is the only permanent cure for catarrh yet discovered; the first application relieves, and six boxes are guaranteed to cure the worst case of catarrh, or money will be refunded. We will also be pleased to send a sample to any person troubled with this disease. Address, The Griffiths & Macpherson Co., 121 Church St., Toronto. Sold by all druggists. Price, 50 cents; six for \$2.50, with guarantee.

THE PRINCE OF WALES' OWN PHYSICIAN,

SIR WILLIAM BROADBENT, SAYS CONSUMPTION IS CONTAGIOUS AND CURABLE.



At a meeting of the National Society for the Prevention of Consumption, held on January 26, 1899, at Marlborough House (the official residence of the Prince of Wales), and presided over by His Royal Highness, addresses were given by Lord Salisbury and Sir William Broadbent, the family physician of the Prince of Wales.

Dr. Sir Wm. Broadbent asserted that consumption is not necessarily a hereditary, but a contagious, disease, and could be cured by destroying the germs and building up the system. This is an endorsement of the system of treatment adopted and followed out successfully by Dr. Slocum for many years.

The first thing necessary in consumption and kindred diseases is the killing of the germs, then the strengthening and building up of the body.

The Dr. Slocum medicine disinfects the system thoroughly and scientifically, thus

killing the germs, and also furnishes food with which to build up the tissues and fortify the system.

Three free bottles of this wonderful treatment of Dr. Slocum's will be sent to every reader of this paper who has Consumption, Weak Lungs, La Grippe or any form of lung or throat troubles, or any wasting chronic complaint, who sends name, express and post-office address to The T. A. Slocum Chemical Co., Limited, 179 King St. West, Toronto, Canada, stating that he read this article in the MESSENGER AND VISITOR.

N. B.—The box containing these three free trial bottles cannot be sent by mail, and must therefore be sent by express, and applicants are asked to pay these express charges, usually from 25 to 30 cents, on receipt of box. The sample bottles of medicine are entirely free.

Cross-Cross CEREALS

Seven food products—prevent K. C. WHOLE WHEAT FLOUR. and relieve diabetes, dyspepsia, debility, etc. Ask dealers. Prevents constipation and liver troubles. Unlike all others. Look for cross-cross. Boxes, pamphlets and sample offer mailed free. GLUTEN CRISPS. New health breakfast food. PANSY Pastry Flour, Finest made FARWELL & RHINES, Watertown, N. Y., U. S. A.

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