*** The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page, from week to week during the year, will be worth several times the subscription price of the paper.

THE HOME.

Household Hints.

Cream boiled makes the coffee richer and does not chill it.

In beating whites of eggs for meringue or frosting do not add sugar until the egg is stiff.

Flatirons should be kept as far removed from the steam of cooking as possible, as this is what causes them to rust.

Let potatoes boil until they are nearly done; half an hour before taking your meat roast from the oven put the potatoes in the dripping pan with it and baste them often with the meat gravy. Serve as soon as they are a delicate brown.

There is a false economy which costs more than it returns, such as saving old medicine bottles, and partially used prescriptions, the tacks taken from the carpet, or working days to save or make that which can be bought for a few cents.

BREAKFAST LOAF.—Chop fine cold meat, fat and lean together; add pepper, salt, a minced onion, two slices of bread soaked in milk, and a beaten egg. Mix all together and bake in a form.

CORN OMELET.—Beat two eggs with two teaspoonfuls of flour, add a pint of grated sweet corn (canned corn will answer the purpose), and seasoning to taste. Try a slice of fat pork, and then pour the omelet into the hot fat, and fry brown on both sides. Serve hot.

FRIZZLED BEEF.—Chip dried beef very thin. To every half-pound allow a tablespoonful of butter, a half pint of milk and one tablespoonful of flour. Melt the butter in a frying pan then add the meat and stir over the fire for about two minutes or until the butter begins to brown; dredge in the flour, stir again, then add the milk and a little pepper, stir again until boils, and serve immediately.

RICE AND TAPIOCA PUDDING.—Rice tapioca and pudding is another one of those simple dishes which all can enjoy and which can hurt none. Three tablespoonfuls of rice, two tablespoonfuls of tapioca, four tablespoonfuls of sugar, a little grated nutmeg, one quart of milk. Bake in a slow oven two or three hours, stir occasionally during the first hour. This pudding is better than with rice only.

WHEATON GEMS.—Stir into cold water (ice water is best) enough Graham flour, unsifted, to make a tolerably stiff batter, not thin enough to settle smooth when lifted in the spoon. If the batter be too thin or too thick the bread will not be light. Two parts water and three flour are about the right proportions. Beat vigorously out into very hot gem pans of cast iron. Bake in a very hot oven thirty to forty minutes.

MOCK MINCE PIE.—One cup of raisins, chopped fine; one egg, one tablespoonful of vinegar, one half cup of washed currants, quarter teaspoonful of salt, two-thirds of a cup of molasses, half cup of cider, two Boston crackers, half cup of sugar, half cup of cut citron, juice and rind of one lemon. Roll the crackers and mix them with the fruit; add the salt, beaten eggs, molasses, cider, vinegar, sugar, lemon and spice to taste. Mix all well together and finish the same as apple pie.

KENTUCKY CATSUP.—Take one gallon of cabbage, one gallon of green tomatoes, one quart of onions, and eight pods of green pepper, all chopped fine. Put into a stone jar and sprinkle with salt. Put half a gallon of strong vinegar in a kettle with an ounce each of white and black mustard seed, a tablespoonful each of ground cinnamon, cloves, mace and allspice, a teaspoonful of ground ginger and celery seed each, with a pound of brown sugar. Let boil half an hour, and pour over the catsup.

PLAIN PLUM PUDDING.—One pint of stale bread crumbs, one cup of flour, one cup of stoned raisins, juice and rind of one lemon, one cup of washed currants, one cup of brown sugar, one teaspoonful cinnamon, one-half nutmeg, grated; one-half cup of molasses, three eggs half pound of suet, half pound of citron, half teaspoonful of baking soda. Mix well all the dry ingredients. Beat the eggs, add the molasses. Dissolve the soda in a tablespoonful of hot water, add to it the molasses and eggs then mix into the dry ingredients and pack into a greased mould, boil four hours. Serve with hard sauce.

APPLE CUSTARD PUDDING.—The materials needed are a quart of pared and quartered apples, two cupfuls of grated bread crumbs, a generous half cupful of sugar, two tablespoonfuls of flour, two of butter, two eggs, a lemon, and half cupful of water. Put the apples and water into a stew pan and cook until the apples will mash easily, then remove from the fire and add the sugar, butter and the grated rind and juice of the lemon. Mix the flour with the bread crumbs and stir into the mixture. Beat the eggs until they are light, and add them to the other ingredients. Turn into a buttered pudding dish and bake in a moderate oven for three-quarters of an hour. Serve with hard sauce or with sugar and cream.

DO THOSE WHO ARE SERIOUSLY ILL EVER SNEEZE?—This is a point alluded to by Mr. Jonathan Hutchinson in the January number of his Archives. He does not recollect himself to have seen any but fairly healthy persons sneeze. He puts the question with especial reference to the widely spread popular superstition that sneezing is a sign of health and good luck. It is possible, he thinks, that this may have had its origin in the fact that it is for the most part an act restricted to those in fair health. Taylor, in his "Primitive Culture," gives interesting facts as to the prevalence of this creed and as to certain customs associated with it, and traces it in part to doctrines or animism, but Mr. Hutchinson thinks the suggestion he has given may also have some value.—*Sheffield Medical Journal.*

Minard's Liniment cures distemper.

AIRING THE CLOTHING.

In the winter the airing of bedding and clothing is not likely to be as vigorously performed as in summer. Yet the necessity is almost as great. Every room which is occupied during the night or day should be thoroughly aired by opening the windows for at least five or ten minutes once a day. The bedding should be hung before an open window and, where it is possible, in the sunshine, and the wearing apparel should be hung on a clothes tree or over a chair, and thoroughly aired for at least twelve hours before it is shut up in a close closet or a bureau drawer.

The "costumer," or clothespole, as it is generally termed, is an especially convenient piece of furniture for this purpose. This has long been in use in dry good stores to hold fine dresses and wraps. When a handsome dress is taken off the person, it should be brushed free from dust and hung on the "costumer," to air before it is put away. A few minutes care of the gown in this way will save a good deal of wear.

Velvet should always be brushed with a brush kept especially for it. If this be done, a velvet of inferior quality will wear longer than one of superior quality which is neglected. Walking dresses, especially those that have been worn in close cars or stages, should be thoroughly brushed and hung in a current air for a time long enough to thoroughly disinfect them, as they may have contracted some germs of disease. Ten or fifteen minutes should be enough in cold weather, as frost and snow are nature's own best disinfectants in almost all diseases.

THE FARM.

Notes.

It may look very discouraging when I say that I do not believe that one farmer out of every ten makes good butter, but how does that compare with men in mercantile life, where only about one in twenty succeeds.—*The Prairie Farmer.*

Talk about the love of money! Why, there are a vast number of men who love their own old notion of doing a thing more than they do money. Even greater profit will not tempt them to imbibe newer and better ideas of handling their cows.—*Hoard's Dairyman.*

In all the history and theory of breeding nothing seems so much required to be told over and over again as the fact that to breed for a quality it is necessary to breed from animals that have that quality.—*Colman's Rural World.*

The agriculture of the future will develop possibilities in the way of increased production that are almost undreamed of now. Some of these days we shall see intensive methods applied to the production of grain crops, with results that are now hardly imagined.—*Maine Farmer.*

Never plant largely of any new variety of seed that have not been tested in your vicinity. Not one new variety in ten has any merits. Even those that have are not superior to others in all localities. A change of seed among the old varieties is oftentimes more profitable (if obtained from a different soil a few miles away) than planting new varieties.—*J. H. Andre.*

The habit of sheep in following their leader makes the jumping habit easy to acquire and hard to cure. Even a barbed wire will not teach them caution, perhaps because their wool rather than their skin is caught and torn by the barbs. The safest way is not to lead sheep into temptation by poor fences. Better no fence at all and a shepherd dog than a poor fence for sheep.

A grindstone costs money and is worth giving as careful keeping as any other property. It should be sheltered both summer and winter to protect it from the sun in summer and the more direct injury from freezing in cold weather. If the stone is left to freeze it will be impossible to keep it running true, and the value of the stone is lessened by half when one side is chipped away by frost more than is the other.

A sheep will undoubtly live for a long time without water, but that is no sign that it would not drink if it had a chance. It is customary with some farmers to keep their sheep in summer in the pastures where there is no water. Even in winter, on dry feed, they do not provide it. Because they do not die when deprived of water it is not deemed necessary to supply it. Sheep need water as much as any animals and drink as heartily of it when it is within their reach, and it is cruel in the extreme to deprive them of it.—*E. E Rockwood.*

A subscriber of Canaseraga, N. Y., wants advice as to a sheep dip to kill ticks. Either Cooper's dip or the black tobacco dip will accomplish the purpose. They can be found at drugstores, and the packages contain directions for using. The kerosene emulsion is effectual, but few will take the trouble to prepare it when it is so convenient to get others all ready to use. Sheep should not be dipped in cold weather unless they can be kept in an apartment until dry, the temperature of which can be maintained at about 60 degrees. Insect or Persian powder will drive ticks away by sprinkling it into the wool lightly. The wool should be opened once from nose to tail on back, belly and sides. A very small quantity along these four openings will do the business.—*Galen Wilson.*

There is probably no worse weed to get rid of than the Canada thistle, and if this can be killed the "French" weed may be destroyed with it. There is no plant, however bad a weed it may be, that will withstand a summer's plowing, if it is so done that no plant is permitted to keep above the surface. The plowing should be done as soon as the weeds appear and the soil turned over them; as soon as they appear again the plowing is repeated, this time shallow, so as to cut the young stems. This method is continued during the summer and the next year potatoes may be grown and kept wholly free from and escaping weeds. The large crop of potatoes thus produced will pay all the cost of the work.

In 1842 a Russian farmer conceived the idea of extracting oil from the seed of the sunflower. His friends told him it was a visionary idea, and that he would have his labor for his pains. He persevered, however, and from that humble beginning the industry has expanded to enormous proportions. Today more than 7,000,000 acres of land in Russia are devoted to the cultivation of the sunflower. The area devoted to the crop has nearly doubled in five years. Two kinds of sunflower are grown, one with small seeds, which are crushed for oil, and the other with large seeds that are consumed by the common people in enormous quantities, very much as people eat peanuts in the United States.

School of Horticulture.

The winter term of the college of horticulture will re-open on January 8 1893 at Wolfville, N. S. As a large attendance is expected immediate application should be made to J. W. Bigelow, president of the N. S. F. G. A. The founding of this much needed institution is under the auspices of the Nova Scotia Fruit Growers Association. The Government of Nova Scotia has generously granted a subsidy of $2,000 per year. The Parliaments of New Brunswick and Prince Edward Island are being memorialized to co-operate in view of an enlarged college for the benefit of the Maritime Provinces. Prof. E. E Faville is at the head of this department.

In the curriculum of this college the following studies have their places: Systematic and economic botany, arboriculture plant, physiology, fungi. The principles of horticulture: Organic chemistry, inorganic chemistry, entomology, zoology, bacteriology, ornithology, meteorsay and a practical laboratory course in nursery work during the winter term is expected. This will be a practical training for students who intend to follow horticulture for a profession.

Indisputably the region embracing the Cornwallis and Annapolis valleys is the California of the Atlantic slope. A single acre here in mixed fruit growing is producing from $600 to $1200 annually, and in our case has reached the rate of $1500 per acre.

The rural districts have long supplied the cities with substantial business men. Of the three per cent of the successful business men it creditably affirmed two per cent were born in rural homes.

These gentlemen, with others, are earnestly asked to send now their sons to learn the theory, art and practice of horticulture. The young man who makes the love of beauty his aim, in the practice of the arts of horticulture deserves to be commended for public spirit therefor, no less than for his good taste.

There is to-day no finer field in the realm of business for money making than horticulture where intelligence and skill are aptly applied.

The tuition is free.

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The Honest Man.

To the Editor of the Messenger and Visitor

Please inform your readers that I will mail free to all sufferers the means by which I was restored to health and manly vigor after years of suffering from nervous weakness. I was robbed and swindled by quacks until I nearly lost faith in mankind, but thanks to heaven, I am now well, vigorous and strong. I have nothing to sell and no scheme to extort money from anyone whomsoever, but being desirous to make this certain cure known to all, I will send free and confidential to anyone full particulars of just how I was cured. Address with stamps:

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All persons are cautioned not to neglect a cough or cold. Neglect of first symptoms is the fruitful cause of fatal results. Hawker's Tolu and Wild Cherry Balsam is a sure Cough cure and a never-failing remedy for all throat and lung troubles. If you cough, try it. It cures. Sold everywhere, 25 and 50 cents a bottle.

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—Whatever may be the cause of blanching, the hair may be restored to its original color by the use of that patent remedy Hall's Vegetable Sicilian Hair Renewer.

Minard's Liniment cures diphtheria.

A PASTOR'S EXPERIENCE.

THE TROUBLES OF A CANADIAN CLERGYMAN.

Attacked with a Disease Unknown to Physicians—He Had almost Given up Hope When the Hand of Relief was Stretched Out to Him.

Rev. S. J. Cummings, the pastor of the First Baptist church of Delevan, New York, has had an experience that makes him one of the most talked of men in Cattaraugus County. To a reporter of the Buffalo *News* who called upon him, Mr. Cummings made the following statement, which he put in the form of an affidavit:

"I am now feeling so well that I am entering on a series of special meetings, and am returning to work with all my old time vigor. I was prostrated in June last and was treated by three physicians, one near this place and two in the city of Buffalo, but received no benefit or encouragement from them. My all were of the opinion that I would have to resign my pastorate and quit preaching. Nevertheless I now feel entirely recovered.

"I cannot give you the name of my disorder. It baffled the physicians, and they could not agree as to the nature of the trouble. After the slightest exposure, as in the damp of the morning, or after the dew fell in the evening, my limbs would swell and become discolored and my body would be racked with pain. These attacks would last three or four hours, but they would usually leave me helpless for at least a day after the acute pain had passed. At night I was unable to sleep. The strain upon my nervous system was tremendous. I became so prostrated as to be unable to take exercise. I could do scarcely any work in my study, and frequently could not preach to my people. Sometimes for a week the muscles of my arms would be so affected that I could not write a letter or pen a discourse.

On the recommendation of the physicians who examined me, my church granted me a vacation for a month, and I went to my old home at Oakwood, Ont., north of Toronto, for a rest. On reaching home my father urged me to try Dr. Williams' Pink Pills. I protested on the plea of having taken so many medicines that I had lost all faith in them. But he had heard of their efficacy and insisted on my giving them a trial. He brought me two boxes and I commenced to take them. I soon found my health improving so rapidly that I returned to my home and family at this place. Some of my friends insisted that the benefit was only temporary, that I would soon have a relapse and be worse than before, but I have continued to take them and now feel like a new man. The sudden attacks of pain which formerly prostrated me on my bed do not recur, and I have exposed myself many times in a way that would have formerly brought them on.

"In my family I have found them very beneficial. My wife finds them more helpful to her than anything she has ever taken. I have spent hundreds of dollars in doctors' remedies and patent medicines, but all to no avail until I tried Pink Pills. S. J. CUMMINGS.

Subscribed and sworn to before me this 19th day of September, 1892.
JOHN HUNT, Notary Public.

Druggists everywhere bear witness to the firm hold this wonderful Canadian medicine has taken upon the public, and to the vast good it has accomplished in relieving suffering, and thousands of grateful people like Rev. Mr. Cummings, cheerfully testify to the benefits derived from its use, often after skilled physicians had absolutely failed to help them. If you are ailing cast prejudice aside and give this marvel of modern medical science a fair trial. An analysis of Dr. Williams' Pink Pill show that they contain in a condensed form all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, that tired feeling resulting from nervous prostration; all diseases depending upon vitiated humors in the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for troubles peculiar to females, such as suppressions, irregularities and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. In men they affect a radical cure in all cases arising from mental worry, overwork or excesses of whatever nature. There are no ill effects following the use of this wonderful medicine, and it can be given to children with perfect safety.

These Pills are manufactured by the Dr. Williams' Medicine Company, Brockville, Ont., and Schenectady, N. Y., and are sold only in boxes bearing the firm's trade mark and wrapper, at 50 cents a box or six boxes for $2,50, and are never sold in bulk. There are numerous imitations and other so-called blood builders against which the public are cautioned. If your dealer does not keep Dr. Williams' Pink Pills they will be sent, post paid, on receipt of above price.—*Advertisement.*

—For pity's sake, don't growl and grumble because you are troubled with indigestion. No good was ever effected by snarling and fretting. Be a man (unless you happen to be a woman), and take Ayer's Sarsaparilla, which will relieve you, whether man or woman.

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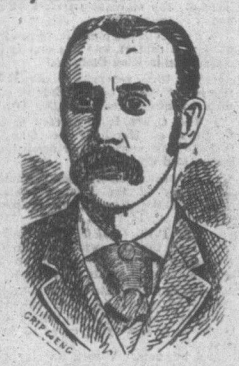
How a Queens County Man Found Permanent Healing.

His Own Experience Tells Fully and Freely some Truths which all Readers of this Paper Should Know

Here and there, in almost every town of our province are "chronic" cases over which doctors disagree; cases that become worse year after year. It is to reach such that the gentleman to whom these lines refer, and whose portrait is here given, has written the story of his case.



Mr. Branscomb's home is at Chipman, Queens Co., N. B. It was there that a representative of the Groder company called upon him, Sept. 1st, of the present year. His greeting was most cordial. He gladly acknowledged his thanks, giving expression to the following statement:

"It is five years since I first became afflicted with a form of indigestion. Last winter it became more severe, developing into chronic diarrhœa I cannot tell you how much I suffered for SIX LONG WEEKS. It seemed as though relief could not be found. You will remember how I told you of my condition and asked your advice about taking a bottle of GRODER'S SYRUP. You told me that the medicine was a laxative and might not meet my needs. I delayed buying for a few hours until I began to hope that it would help me. Even my clothes seemed a burden because of bloating of stomach. It was with difficulty that I kept about sufficiently to attend to my business.

But I am a well man now from the use of your remedy. In three days after I bought GRODER'S SYRUP the terrible pain and distress across my stomach were removed. My bowels rapidly assumed a natural, healthy condition. Now I eat and drink as well as I ever could. I have gained constantly in flesh since March last. I am perfectly cured.

It seems a duty for me to state my case fully, that other who suffer as I did may know where to find a cure."

Truly yours,
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