

1840. 1903.  
During this period  
**Painkiller**  
(PERRY DAVIS)  
has cured more cases of sickness than any other medicine. It's the best remedy in the world for  
**Cramps, Colic, Diarrhoea, Etc.**  
A household remedy.

**ASTHMA**  
Of all diseases that afflict humanity, none is so distressing and trying as Asthma.  
If you are a discouraged Asthmatic and have tried many remedies without result, let us send you a generous free sample of Himrod's Asthma Cure and prove to you the wonderful efficacy of this remedy. Used as an inhalation, it instantly relieves the oppressive sense of impending suffocation enabling the patient to breathe freely at once and by a soothing medication of the bronchial passages, quickly lessens the severity and frequency of attacks until a cure is attained. Asthmatics are generally dyspeptic and should avoid internal remedies liable to impair the digestion. For over a quarter of a century Himrod's Cure has been prescribed by eminent physicians throughout the world. It is a remedy in which you can place entire confidence. If your case is a chronic one, or only of a few months standing, send for a free sample at once and try it. It will not disappoint you.  
**HIMROD MFG CO.,**  
14-16 VESSEY ST., NEW YORK.  
Your druggist may not carry Himrod's Asthma Cure in stock. A cautious drug gist will get it for you if you ask him and will not try to sell you something "just as good." A fair warning, held on having Himrod's

### Troubled with Kidney Trouble for Six Months.

Many Men and Women Are Troubled With Kidney Trouble, Some For Less Time, Some For Longer—No Need To Be Troubled For Any Length Of Time, If They Only Knew Of The Cures Being Made By

#### DOAN'S KIDNEY PILLS.

Backache Is The First Sign Of Kidney Trouble—Then Come Complications Of A More Serious Nature.

#### DOAN'S KIDNEY PILLS

TAKEN AT THE FIRST SIGN OF BACKACHE WILL SAVE YOU YEARS OF MISERY. Mrs. William H. Banks, Torbrook Mines, N.S., tells the public about the great qualities of Doan's Kidney Pills in the following words:—I was troubled with kidney trouble for six months, and had such terrible pains across my kidneys all the time that I could hardly get around. After taking one box of Doan's Kidney Pills I began to feel better, and by the time I had taken three boxes I was completely cured.

Price 50c. per box, or 3 boxes for \$1.25; all dealers or The Doan Kidney Pill Co., Toronto, Ont.

## COWAN'S PERFECTION Cocoa.

It makes children healthy and strong.

When answering advertisements please mention the Messenger and Visitor.

From  
**May 15 to June 15**

We will mail postpaid to any address for 25 cents a sample box (quarter gross) of the MARITIME PEN. These pens are good, like everything else we give on name.

**KAULBACH & SCHURMAN,**  
Chartered Accountants,  
MARITIME BUSINESS COLLEGE,  
Halifax, N. S.

## The Home

### RULES FOR THE SICK ROOM.

Here are a few rules for the sick room that are worth remembering:—

Never allow a patient to take the temperature himself. Many patients are more knowing than nurses where there is a question of temperature.

Never put a hot water bottle next to the skin. Its efficiency and the patient's safety are both enhanced by surrounding the bottle with flannel.

Never allow a patient to be waked out of his first sleep, either intentionally or accidentally.

Never imagine that a patient who sleeps during the day will not sleep during the night. The more he sleeps the better he will be able to sleep.

Never hurry or bustle.

Never stand and fidget when a sick person is talking to you. Sit down.

Never sit where your patient cannot see you.

Never require a patient to repeat a message or request. Attend at once.

Never judge the condition of your patient from his appearance during the conversation. See how he looks an hour afterword.

Never read a story to children if you can tell it.

Never read fast to a sick person. The way to make a story seem short is to tell it slowly.

Never confine a patient to one room if you can obtain the use of two.

Never allow monotony in anything.—Nursing section of the hospital.

### WHAT MAY BE EATEN WITH FINGERS.

There are a number of things that the most fastidious and well-behaved persons now eat at the dinner table without the aid of either knife, fork, or spoon. The following are a few examples:—

Olives, to which a fork should never be applied.

Asparagus, whether hot or cold, when served whole, as it should be.

Lettuce, which should be dipped in the dressing or a little salt.

Celery, which may properly be placed on the tablecloth beside the plate.

Strawberries, when served with the stems on, as they usually are.

Bread, toast, tarts, small cakes, etc.

Fruits of all kinds, except preserves and melons, which are eaten with a spoon.

Cheese, which is almost invariably eaten with the fingers by the most particular.

Either the leg or other small pieces of a bird. Ladies at most of the fashionable luncheons pick small pieces of chicken without using knife or fork.

Chipped potatoes are generally eaten with the fingers by epicures. There must be no particle of fat adhering to the chipped potatoes and they must be crisp.—De-lineator.

### BREAD MAKING.

Put one full cup of milk and about half a cup of lard on the stove and let come to a boil. Then take off the stove and add one pint and a half cold water. Mix half a yeast cake in half a glass of lukewarm water and add to the milk. Add one level teaspoon of salt and a tablespoon of sugar. Beat in your flour until the dough is stiff enough to leave the spoon fairly clean. Cover and let rise over night. In the morning kneed on the board and put into pans and let rise until about to the top of the pans. Bake in a moderate oven about 45 minutes. Do not have the oven too hot at first. The more you mix it and knead it the finer grain it is. This makes two loaves and a small pan of biscuit.

To make two loaves of moist bread, use the quart wire sifter, which you press into the flour to fill. Take two quarts bread flour, a teaspoonful of salt, and one of sugar, tablespoonful shortening, which work in the flour, same as for pie crust. A third of a compressed yeast cake, dissolved, and warm water enough to make a

stiff dough. Use a knife for mixing, and mix till the knife comes out clean. Molding bread makes it fine grained, but if thoroughly mixed at first one need not spend much time over it next morning. Let rise over night, and in morning put on molding board and divide in three parts two loaves of bread and a pan of biscuits. Or one will make three medium-sized loaves. Rise slowly, not where it will heat, else it will be coarse and unsatisfactory. Put in hot oven at first, even if you have to cover the bread or open the door to cool it after it begins to brown. If the crust seems hard put a little butter over the top and it will be soft, moist and sweet.—Rx.

### DANDELION BEER.

Boil the greens in fresh water, strain, and add molasses to taste, and a compressed yeast cake, before cold. Cover, let stand over night, to work, then put in jars, or bottles, and keep cold. Healthy and good.

A compressed yeast cake can be put in a bottle of cold water and keep good two weeks if kept cool in ice chest.—Rx.

### PRUNE FILLING.

Soak one-half pound of large prunes over night in cold water. In the morning stew them and remove the stones. Press through a sieve and stir into this the whites of two eggs, beaten to a stiff froth with two table-spoonfuls of powdered sugar.—Rx.

### HOT CHOCOLATE SAUCE.

Heat one ounce of chocolate over hot water, add to it one cup of thick syrup. When cool add gradually one pint of whipped cream. Flavor with vanilla.—Rx.

### BAKED INDIAN PUDDING.

1 cup sugar, 1 cup molasses, 3 eggs, 1 cup cold sweet milk, a little cassia, ginger, cloves and salt, ½ cup each raisins and currants, cup corn meal. Stir this mixture into 3 pints boiling milk, cook in a double boiler until it thickens. Bake two hours slowly with bits of butter on top. Serve with whipped cream. One half this recipe make quite a large pudding.

All cornstarch puddings or custards should be cooked at least an hour in double boiler before adding eggs, salt and sugar.—Rx.

The exceptional dry weather is being attended by the destruction of timber lands, lumber and mills in Digby, Lunenburg and Queens counties. Similar reports come from Cumberland Co. But we in Nova Scotia are not alone in these losses as reports from Manitoba and Maine say this is a remarkable dry spring with heavy fire losses.

### A LIFE SAVED.

Baby's Own Tablets Make Children Well and Keep Them Well.

Emergencies come quickly in the lives of little ones, and the wise mother will always keep at hand a reliable medicine to cope with them. Delay may mean the loss of a precious little life. There is no medicine can take the place of Baby's Own Tablets in relieving, curing and preventing the minor ailments of children. "If you could see my baby now," writes Mrs. James Boviah, of French River, Ont., "and compare him with his condition before I began giving him Baby's Own Tablets you would not know it was the same child. From the age of four up to twenty-one months he was constantly ill, and was wasted away to a skeleton. I gave him a great many medicines, but always without result, until I heard of Baby's Own Tablets and began giving them to him. Almost at once they helped him and he is now a fine, fat, healthy child. I now always keep the Tablets in the house."

The Tablets contain none of the poisonous drugs found in "coughing" medicine, and can be given with absolute safety to a new-born babe. Sold by all druggists or sent by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

### WOULD HAVE TO STOP HER WORK AND SIT DOWN.



### HOW MANY WOMEN HAVE TO DO THIS FROM DAY TO DAY?

MILBURN'S HEART AND NERVE PILLS are a blessing to women in this condition. They cure Nervousness, Sleeplessness, Palpitation of the Heart, Faint and Dizzy Spells, Weakness, Listlessness, and all troubles peculiar to the female sex.

Mrs. James Taylor, Salisbury, N.B., in recommending them says: About eight months ago I was very badly run down, was troubled greatly with palpitation of the heart and would get so dizzy I would have to leave my work and sit down. I seemed to be getting worse all the time, until a friend advised me to try MILBURN'S HEART AND NERVE PILLS. I can truthfully say that they do all you claim for them, and I can recommend them to all run-down women.

Price 50c. per box, or 3 boxes for \$1.25; all dealers, or The Milburn Co., Limited, Toronto, Ont.

**Always**  
**Woodill's German**  
**Baking Powder**  
**Reliable.**

**Society**  
**Visiting Cards**

**For 25c.**

**We will send**

To any address in Canada fifty finest Thick Ivory Visiting Cards, printed in the best possible manner, with name in Steel plate script, ONLY 25c. and 3c. for postage.

These are the very best cards and are never sold under 50 to 75c. by other firms.

**PATERSON & CO.,**

107 Germain Street,

St. John, N. B.

Wedding Invitations, Announcements, etc., a specialty.

**None Left To Bother You After Using**  
**Wilson's Fly Pads**  
Sold Everywhere. 10 cents

The first British Transvaal Parliament was opened May 20 by Sir Arthur Lawley, the Lieut. Governor of the Transvaal. The chamber was filled, those present including the military officials, the judges, the clergy, and the civil authorities. After the members had been sworn in, the Lieutenant-Governor delivered his inaugural address. Two thousand native houses have been destroyed by fire in the Tondo district of Manila. About eight thousand persons are homeless, and are being sheltered by the municipality the damage is estimated at 2,000,000 pesos.