

Health

Constipation of the Back

Restored by parilla.



Stools, etc., on

I have been troubled with shortness of breath, palpitation, I could get no account of the pain.

Cures

Restoration of a friend, Hood's Sarsaparilla, at once, I have cured three bottles, and New Man.

As strong as ever I am at night, I have used Hood's Sarsaparilla, with Eric's...

works well when you use good

ING POWDER

l Railway.

NDAY, the 9th June, this Railway will run as follows:

Table with 2 columns: Station, Time. Includes PUGWAH, MONTREAL, etc.

IVE AT ST. JOHN:

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TRADE MARKS RIGHTS.

YORK, 361 BROADWAY.

and Granite Works

Y. WALKER & CO.

ER BEISSA

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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 will be worth several times the subscription price of the paper.

THE HOME.

A LITTLE MORE SLEEP.

Love of order and discipline is an inherent part of Anglo-Saxon blood, and in the disposition of many women this love of order approaches mania.

Yet, in the case of young children, it is desirable that such punctuality should be required? Is not the individual life more than the form? Does the weary baby of six or the delicate child of eight or ten, who is roused from the early morning slumber to breakfast with the family, gain any equivalent for his sleep?

The wise physician of to-day recognizes that too much sleep is as enervating to the vital powers as too little sleep. Each individual is the best guide to himself.

Yet this daily rest period is now considered as a most commendable habit, giving an interval of repose to the body at any hour in the day when the weary housekeeper especially needs it.

With all the materials at hand, it is strange that we do not see more good rustic work. An arbor, or garden seat, in this material is not only picturesque, but it is very comfortable as a resting place.

The secret of successful rustic work is to use wood with the bark on of a rough, gnarled variety. There are certain trees where the bark clings closely to the wood, and these are especially desirable for rustic work.

The common American creeper or woodbine is the prettiest climber. The red climbing roses make a picturesque cover for a summer arbor, but they remain in blossom but a short time, while the leaf of the woodbine, beautiful in summer, is doubly attractive in the autumn.

THE FARM.

TRAINING.

There was a wet strip running clear across the front of a field we bought last Spring. It was the outlet to a springy spot on one side. It was right next to the road and looked badly.

Much of the shrinking and discoloration of flannels is caused by hot water, hot irons, and the application of soap to the wet flannels. The garments should be looked over, and soiled spots rubbed with soap before wetting.

As time passes there is less starch used in the laundry. Some of the old-time starched garments were about as comfortable and comely as a coat of mail.

HOW TO SERVE ORANGES.

Oranges eaten in the natural state, or with the pulp prepared and simply sprinkled with sugar, are so delicious and so healthful that it seems almost unnecessary to suggest other ways in which they may be utilized.

It is now a common thing in this locality to hear people acknowledge the wonderful benefit they have derived from the use of Dr. Williams' Pink Pills, and it is not to be wondered at that the druggists find the sale of this remarkable medicine so large and yet constantly increasing.

It is at hand and is gladly welcomed by all, especially those whose duties in life have caused them to greatly run down their system to meet the requirements. With these and others, it is important, whether at home, at the seashore or in the country, that some thought be given to diet, and as further assistance to Nature, a good building-up medicine like Hood's Sarsaparilla had best be resorted to.

Life is for action. We cannot wait for proof, or we shall never begin to obey.—James A. Froude.

Religion is not something that is fastened upon the outside of life, but is the awakening of the truth inside of life.—Phillips Brooks.

Why should she? Simple Shortland is very interesting and more easily learned than any of the other and older systems. I studied the Pitman before "Snell's" and can see a great difference between the two.

MAIO L. SMITH, TRURO, N.S. S. B. SNELL, TRURO, N.S.

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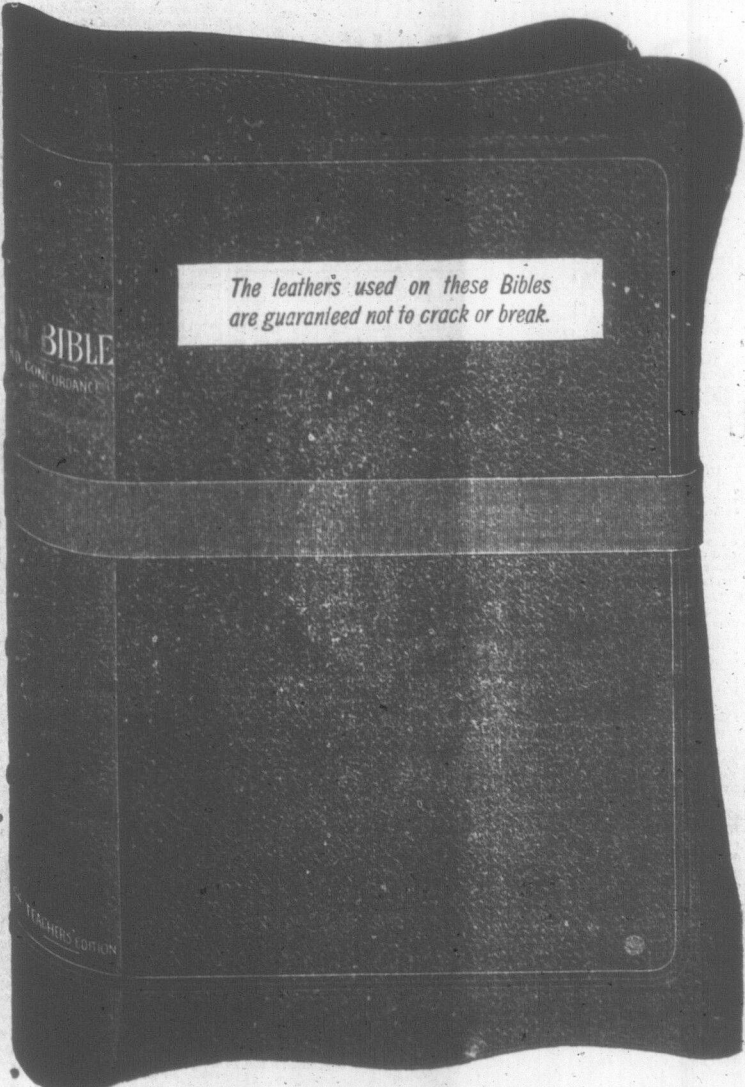
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To healthly write, this curing Constipation, Biliousness, Indigestion, Liver Complaints, Indigestion, Headache, Dizziness, Flatulence, in operation, and only in bottles, 50 cents all dealers.

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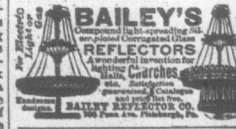


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her. But it appeared to be useless, and week after week she continued to grow worse, until it was evident she was fast going into decline. A hacking cough set in, and the poor girl, who was formerly plump and healthy looking, with bright rosy cheeks, began to waste away, and in a few months was merely a shadow of her former self.

Avoid the lank and haggard; breed the best horse; none but the best; breed from nothing but your best, and look out sharp to improve on the next cross, and wherever your dam is lacking be sure the sire you use is not lacking in the same way, and it is possible, not lacking in any essential qualification.

There is no need to drag mallow seed after clover seed has been sown in order to cover it. The rains will do this better than man can. Even the brush sward, often recommended for this purpose is worse than useless. On winter grain, a dragging of the hardened surface, to mellow it before sowing clover and grass seeds, will insure a better catch.



The Office of the "Messenger and Visitor" is now at No. 3 Fugate Building; Entrance No. 109 Prince William Street.