

**FIRST AID**  
TO THE INJURED  
**POND'S EXTRACT**

FOR BRUISES, SPRAINS, WOUNDS, BRUISES OF ANY SORT OF PAIN.

Used Internally and Externally.

**CAUTION!** Avoid the weak watery Witch Hazel preparations, represented to be "the same as" Pond's Extract, which easily sour and often contain "wood alcohol" an irritant externally and, taken internally, a poison.

**Burdock BLOOD BITTERS**

**CURES**  
Dyspepsia, Boils, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

**Burdock BLOOD BITTERS**

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## Joggins Coal

This **FIRST CLASS COAL** can be purchased by the Cargo in **ROUND RUN OF MINE AND SLACK** by communicating with **P. W. J. JACOBSON** at 20 Orange St., St. John, or Joggins Mines, N. S. We guarantee the quality to be of the best for steam purposes.

**CANADA COALS & Ry. Co. Ltd.**  
Joggins, N. S.

### BEST WISHES

WISH you a **HAPPY CHRISTMAS** and who may wish you a **NEW YEAR** of one of the best **BAKING POWDERS** made, during the year.

### WOODILL'S GERMAN

### THAT

The incoming year may be one of happiness and prosperity to all who do or do not use one of the best **BAKING POWDERS** of the past half a century is the wish of the manufacturers of

### WOODILL'S GERMAN.

## COWAN'S PERFECTION

### Cocoa.

It makes children healthy and strong

### PUBLIC NOTICE.

Application will be made to legislature of this Province at the next session for the passage of an Act to further amend the Act 41 Victoria Chapter 113, relating to the Whitaker Trusts to authorize James E. Whitaker in his capacity as Trustee of the estate of Charles Whitaker, deceased, to renew the mortgage now standing against the property of said estate, situate on the south side of King Street, in the City of Saint John, but for a sum not exceeding fourteen thousand five hundred dollars, for a further term of ten years, or to pay off the same and substitute another or other mortgages thereon for said sum or under.

Dated at St. John, N. B., 15th January, A. D. 1903.

**JAMES E. WHITTAKER, Applicant.**

### VENTILATE THE HAIR.

A woman who will make a habit of brushing and combing the hair at night and vigorously rubbing the scalp, rubbing till the blood tingles may be sure, if she inaugurates this habit before her hair has begun to fall, that her hair will keep its color and youthful quality. Even falling hair will often be brought back to vigor by such treatment.

A good deal is said in favor of brushing the hair. Brushing cleans the hair itself, but it does not invigorate the scalp, as does combing, and neither is half so good as vigorous rubbing. When she begins she will find it takes a lot of rubbing to make the head tingle, but in a few weeks the first rub will start the blood. That tells its own story, for where the circulation is sluggish, there deterioration of vitality has begun. Where the blood runs freely, there life renews itself.

It is good to let the hair hang loosely at night, especially if one sleeps in a room in which outside air circulates freely. The roots need air. Twice a week braid the hair into little braids all over the head. Hair thus treated will keep a glossy look, yet not hang together, and it will turn back prettily in a pompadour with better effect than when the curling irons are used.—Rx.

### WOODEN PICTURE FRAMES.

These, whether oak, walnut, or any other polished wood, may be greatly improved in appearance by being rubbed with a mixture of turpentine and linseed oil. The proportion is one tablespoonful of turpentine to three of linseed oil. Apply with a small piece of cloth or flannel, and rub until quite dry.

### APPLE CUSTARD PUDDING.

Take apple sauce that has no spices in it and put it in a pretty glass dish. Make a custard of the yolks of two eggs and one pint milk, sweetened with one-half cup sugar and thicken with a teaspoon or more of cornstarch. Flavor with vanilla. Set to cool and when cool pour over the apple sauce. Beat the whites stiff and put on top. (Very nice for children).—Rx.

### FOR THE COOK.

Never leave a spoon in the saucepan if you wish the contents to cook quickly, and in any case a metal spoon should never be allowed to stand in a boiling saucepan containing fruit or any acid.—Rx.

### BOOKS IN THE GUEST ROOM.

In preparing a room for a guest, if only for a few days, do not neglect to place a variety of books at their disposal. Books and magazines and especially the **MESSENGER AND VISITOR** should be placed on a low table near the window. Many a visitor has gone through tortured, sleepless nights in a strange house, with not a line of reading matter to be got at.—Rx.

### TO CLEAN MARBLE.

Unless very much stained, marble can generally be cleaned by washing with hot, soapy water, to which a little borax has been added. If much stained, dissolve equal parts of soap, powdered whiteness and washing-soda in a very little boiling water. Lay over the spot while hot, let remain a day or two, and then wash off with hot soapy water, and polish with a soft cloth.—Rx.

### CAKE.

Here is a recipe for inexpensive cake: One egg, 1 cup sugar, butter size of egg, 1/2 cup milk, 2 cups flour, 1 teaspoon cream tartar, 1/2 teaspoon soda, vanilla. After well beating divide into three parts, a little more in one part than in the other two. Into one part put one heaping teaspoon cocoa, into another one teaspoon

red sugar and be sure to thoroughly mix it so that it will all dissolve. Have the largest part white. Put in tin same as marble cake and bake about 40 minutes. Try with broom straw. This makes one good loaf. I sometimes add a few currants or raisins, seeded and chopped very fine to the white or brown.

After scrubbing oilcloths and linoleum, if, when dry, a little linseed oil is rubbed lightly over, it will be found an excellent thing for making them look like new, and preserves them against scratching, etc., besides not showing the footmarks, especially in towns where the dirt is white.

A foreign way to cook oatmeal substitutes milk for water in the cooking process. This method adds not only to the nourishing quality of the food, but imparts a delicacy that quite transforms this breakfast dish.

A novel dish is prepared for a chafing-dish supper by cooking two tablespoonsful of butter, half a teaspoonful of minced onion and a teaspoonful of curry powder until thoroughly mixed, and then frying thick slices of tomatoes in it. The slices must be frequently turned. As an accompaniment of cold meat of any kind this is most satisfactory.

To sweep and dust a house that has been closed all summer is not to make it habitable. Dampness will gather when sun and air are excluded, and with it is sure to congregate the dreaded microbes.

Windows and blinds should be thrown wide open for a day, and drains and sinks should be thoroughly flushed.

Lime and sal soda are prime agents of cleanliness.

A coat of kalsomine in the cellar will effectively prevent any mould that may have accumulated there from working harm to the inmates of the house, especially to the children or to the aged or feeble members of the family.

A cup of hot coffee is an unfailing barometer, if you allow a lump of sugar to drop to the bottom of the cup and watch the air bubbles arise without disturbing the coffee. If the bubbles collect in the middle the weather will be fine; if they adhere to the cup, forming a ring, it will either rain or snow; and if the bubbles separate without assuming any fixed position, changeable weather may be expected.

During the last quarter century the accumulation of money on deposit in chartered banks, savings banks and loan companies of Canada, has increased from \$7,000,000 to \$374,000,000 making an increase per capita for the entire population of Canada from \$10.00 per head in 1877 to \$87.00 for current year.

### CUTTING TEETH.

A Trying time to Both Baby and Mother.

There is no time when baby requires more attention than during the teething period. At that time the little one is always cross and fretful, subject to stomach disorders and sometimes convulsions. Often mothers are absolutely worn out caring for baby, and the whole household is in a condition of anxiety. This condition can be easily remedied by the use of Baby's Own Tablets, which cool the sour little stomach, allay the inflammation of the gums and give the little one healthy, natural sleep. A mother's word can always be depended upon where the health of the little one is concerned, and thousands of mothers praise this medicine. Mrs. R. L. McFarlane, Bristol, Que., says:—"In my estimation, Baby's Own Tablets have no equal as a medicine for children. They are invaluable at the teething period and I would not be without them as they keep my baby healthy and happy."

The Tablets relieve all the minor ailments of little ones; are guaranteed to contain no opiate or poisonous "soothing stuff," and may be given with absolute safety to a new born babe. Sold at 25 cents a box by all druggists, or sent post paid, by writing direct to the Dr. Williams Medicine Co., Brockville, Ont., or Schenectady, N. Y.

### Reasonable Treatment for

**Eczema  
Salt Rheum  
Boils  
Scrofula**

TAKE

## WEAVER'S SYRUP

which

By Purifying the Blood destroys the origin of these afflictions.

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