

The Art of Overlooking.

The discriminating art of forgetting is invaluable, but the art of overlooking may take precedence even over this distinct aid to happiness. It is well to put aside the annoyances of bypast time, dropping the remembrance of disagreeables, but it is better still to pass them by in the beginning without taking them up. Prevent the impression, and there will be no occasion to erase it. All mollifying ointment is good for a hurt, but better no hurt in need of healing.

Do not dwell upon unpleasantness long enough for it to take a place in the convolutions of the brain. Do not scrutinize what is unseemly, obnoxious or disquieting, if nothing is to be gained by it save a disturbing memory. Don't stop and stoop to examine displeasing things along the life-path. Keep the eyes at higher levels, and overlook the thorn-hedges at the sides, taking care to keep the middle of the track, so as not to brush against them.

Even the excellent people that one meets constantly are sometimes rather trying. Some of them are positive and persistent in opinions which we, in our wisdom, know to be wrong, of course, though, strangely enough, our convictions fail to be convincing to them. Our way is crossed when there seems to be no need for it; small domestic calamities are legion; carelessness is actually culpable, and a moment's thoughtlessness may cost great inconvenience, yet after all, these things, either in themselves or in their consequences, are not vital. If no principle be involved, let them pass. Do not mar the day with futile struggle to mend them, nor the morrow with their memory. If they cannot be righted, nor even resisted, never mind them. This one bit of advice is so hard to follow that it will be good discipline for a sensitive soul to practice the precept. Even disappointments and hindering interruptions, the resolute sunshine seer will not lay to heart, but will look over and beyond them to the next bright thing to be seen.

Sometimes the mere recognition of a thing seems to give it force and form, therefore do not notice the apparent slight, the covert criticism or the tokens of impatience. Overlook also the little inadvertence, the unintentional mistake, and the small disaster that cannot be retrieved. To take note of such things brings confusion to others and discomfort to one's self. The spirit that is too accurately observant is unquiet and overburdened. The constant accuser, who calls one to account for every slip, and demands endless explanations, is a very uncomfortable sort of a friend. Overlook the unmeant offense, and, with no chance to fester in the memory, it will leave no scar behind.

It is amazing how the vexing things of the moment, that seem to grow large while we look, sink into insignificance by and by. Why give them an opportunity to disturb the present? Gauge them, sensibly, by the measure certain to be applied in the moment of calmer after-thought, and forbear the excited protest, forego the resentful expression. One cannot always be sensible, say you? Well, one can at least emulate the example of the old lady who was 'determined to endeavor to try.'

A discriminating observer of the 'method' of a mother who trained a large and very energetic family, a diverse and tumultuous set, indeed, said that one secret of her marvellous success was the 'judicious amount of letting alone.' The mother never brought on a controversy, or clash of wills, when by prudent overlooking and good management matters would presently right themselves.

Some people, it is true, have a happy faculty of overlooking, but all may attain a certain facility, through love which 'beareth all things, believeth all things, hopeth all things,' and 'never faileth.' An 'art' we know, thanks to our bulky 'Webster,' is knowledge applied to practical purposes. It is aptitude, skill, dexterity acquired by experience. What hourly opportunities common life affords for such acquirement! The art of overlooking may not belong to arts liberal, polite or fine, but it is a kindly and useful one for every day. Cultivate it in life's intimate associations, and thus forestall, in a measure, the need of the art of forgetting.

Solomon sums up this matter thus: 'Also

take no heed unto all words that are spoken; lest thou hear thy servant curse thee; for oftentimes also thine own heart knoweth that thou thyself likewise hast cursed others.'—Julia H. Johnston, in the 'Presbyterian Banner.'

Selected Recipes.

MACARONI A L'ITALIENNE.—Have two quarts of water boiling in a large kettle. Take up in the hand from one-half to three-quarters of a package of macaroni or spaghetti, and, putting in one end let the whole slowly sink into the water without breaking it. Keep it boiling at a rapid rate for about an hour. When it begins to soften put in about a tablespoonful of salt. In a large agate stewpan put a cupful of rich soup or stock, add a can of tomatoes, half a dozen common onions sliced and a seasoning of butter, salt and pepper. When fresh sausage can be had, add three or four sausages cut up in small pieces. Let this simmer for about an hour. Drain the macaroni in a colander when it is quite tender, but not broken up. When drained put it into a large, deep earthen baking dish and pour over it the contents of the saucepan. Sprinkle half a cupful of grated Parmesan cheese through the macaroni and bake in a moderately hot oven nearly an hour. Serve hot with grated Parmesan cheese and melted butter if desired.

BUTTERED TOAST.—When this is prepared properly it is both palatable and digestible. Take bread at least a day old; cut thin and even slices; trim off the crust and place in the crumb jar. First dry each side of the slices of bread before allowing it to begin toasting, then let it take on slowly an even, rich but delicate brown color on both sides. Butter generously and serve on a hot dish.

RICH SPICE CAKE.—Melt a square of baking chocolate over hot water, add one-fourth cup light brown sugar and one-fourth cup hot water, then cook until smooth, stirring constantly. Cream one-half cup butter, then add successively one and a half cups brown sugar, two eggs, the hot chocolate mixture, two teaspoons cinnamon, one teaspoon cloves, one-half teaspoon nutmeg, one cup chopped fruit, currants or raisins, one cup chopped nut meats, one cup sour cream in which is dissolved a half teaspoon soda, and three cups of flour sifted with a teaspoon of baking powder. Bake in layers and spread with a cream icing, or bake in gem pans and sprinkle before baking with chopped nut meats and granulated sugar.

VEAL POT PIE.—Put a small, thick plate in the bottom of an iron pot to keep the veal from burning. Cut two pounds of veal into small pieces and put into the pot with two quarts of hot water. When it begins to boil, keep it going gently for an hour and a half. When it begins to grow tender, put in a full teaspoonful of salt and a bit of dried red pepper pod or two or three pepper corns. If an onion or potato is to be added, cut in pieces and add when the stew is half done. Before removing from the fire add half a cup of cream or rich milk, and a tablespoonful of flour mixed with a heaping tablespoonful of butter. Make up a quart of flour into baking powder biscuit dough, and roll out half an inch thick and cut in squares. Twenty minutes before the pot pie is done lay them on top, cover tightly and let them cook by the steam from the boiling pot pie. Arrange them around the edge of a heated platter; after the gravy is thickened and seasoned, arrange the meat in centre of platter and pour the gravy over it. Garnish with parsley and sliced lemon.

Practical and Useful.

(Canadian 'Home Journal'.)

Wall-paper cleaning.—There are several ways by which wall-paper can be cleaned so that it looks almost as good as new. If the paper is not very dirty, pin a clean cloth over the broom and sweep in even strokes, often replacing the dirty cloth with a clean one. But the following are good ways of cleaning rather

soiled papers. Take a loaf of bread, stale, but not too hard, and cut off one crust; then, taking it in one hand, rub the paper gently with the exposed surface. When the bread looks soiled, cut off a very thin slice and proceed with the work. It is best to rub up and down on the paper, and clean each place thoroughly before leaving it. Another way is to take a loaf of bread, and, after removing the crust, soak it in ammonia. It must be so wet that one can work it in the hands into a ball. Rub the paper lightly with it, and, as the ball becomes soiled on the outside, knead it until a clean surface is exposed. This will remove the dirt and smoke, and freshen up the paper wonderfully. Another plan is to make a soft dough of coarse flour mixed with water. It should be stiff enough to handle easily. The paper can be rubbed with it as in the former method. When there are grease-spots on the paper, lay coarse brown paper over them, and pass a hot iron over it. Fresh paper may be needed several times if the spot is large; or the paper might be matched and neatly patched up.

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