

HOUSEHOLD.

Air in Sleeping-Rooms.

Mrs. H. B. Boulden.

The free admission of air to the sleeping room is a matter which generally receives too little consideration. Too often the windows are thrown open for a few moments, with little regard to the preparation of all things in the room to receive the air bath. Many otherwise intelligent people regard it as quite unimportant that the air should be allowed to enter in purifying quantities, either during the night or in the early morning.

Those who put their reason to work upon this question, refuse to be bound by past habits of carelessness and indifference.

Immediately upon leaving the sleeping-room in the morning, the windows should be all raised, full height, and the doors thrown open, to enable the fresh outside air to reach every corner of the apartment in free circulation. There is marvellous power in the air to sweeten and purify. Very thoughtful people, who like things absolutely fresh and pure, are careful to turn back the bed-clothing in such a way that the air can touch every part which has been in contact with the sleeper. Or, better still, the bed-clothing is taken from the bed and spread upon chairs near the open window.

If the windows are placed on the front and the pillows cannot be placed upon the sills for an airing, they can, with the bolster, be placed just inside where the draught will pass over them.

Like the consciousness of cleanliness after a bath, there is something so satisfying and luxurious in knowing that every particle of bed-clothing has been restored and freshened by the outside air. If the gown worn during the night is turned wrong-side out and hung with the inner side of the sleeves and garment upon a chair, near the open window, something more will be accomplished towards making all things perfectly pure and clean.

The result of such care will be felt in subtle ways—in quieter nerves, greater amiability, brighter eyes and complexion. With so many people it has become so much a habit of life to attend to these things, immediately upon rising, that it is done almost mechanically.

Lessons For Mothers.

My heart aches for some of the girls of my acquaintance whose mothers are bringing them up in idleness. A woman of middle age who was married at the age of seventeen remarked once that she never had a moment's comfort the first year of her married life lest her husband should bring some friend home to dine with them. This same woman had never prepared a single article of food or washed a dish when she entered the matrimonial state, and yet she is bringing up her daughter in the same way.

We all know that it is much easier to learn things when we are children than when we have reached the age of maturity. This is especially true of housekeeping. System in housekeeping means everything, and the child who is taught by a wise mother to do the little tasks over and over every day will in time become thorough and methodical. Children of ten years can be taught to make rolls, muffins, puddings and cakes, and even bread. The younger they begin, the more likely they are to enjoy it. Cooking to the majority of little folks is a novel game or pastime. I have known many a girl who has not been permitted to 'muss in the kitchen,' because she made too much trouble; stay home on some pretext or other when the family were going away and spend the entire day baking and experimenting. On the other hand, there is such a thing as expecting too much of young girls, especially where there is a large family and no help is employed.

Is there any reason why a boy should expect to be independent and a girl waited on. And yet we see parents in the middle and lower walks of life who do not hesitate to say that their darling daughters shall be shielded from life's cold blasts so long as they live. These selfsame parents must work early and late in order that their daughters shall be handsomely dressed and be given every accomplishment. I tremble sometimes when I think of the future for them. Does not too great selfishness on

the part of parents make tyrants of their children. Is the mother who gives up her life for her children, who slaves early and late in order that they may take life easy, respected and honored as much as the one who is wise enough to teach them self-reliance and to expect their help from baby-hood up?

A highly educated, matter-of-fact man and his wife have but one child, who is a spoiled creature of fashion. She was a selfish, thoughtless, exacting girl who has become a selfish, frivolous woman. Her mother prided herself that her daughter's hands should never be soiled with dish water, nor should she even make her own bed. To be sure, her hands are as white as the lilies, her face and form are divinely fair, but that beauty which shines from within is left out. Her father is a disappointed man, but the mother is still blind to the girl's faults.

As you value the future happiness of yourself and daughters, teach them to be happy, useful women. Let them have a thorough knowledge of housekeeping in all its details. No matter in what station of life they are situated. No matter whether you expect them to keep house or not. The time will come when they will be grateful to you for such knowledge. Experimenting on a husband is a very different thing from learning the true science of housekeeping with a kind, judicious mother.—Carrie May Ashton in 'N. Y. Observer.'

The Kitchen Dress.

'You must excuse my cooking dress,' said a breezy young housekeeper as she tripped into the parlor to receive a morning call, arrayed in neat calico. 'I never can work in the kitchen in a stuff dress,' she added, 'the flour gets into the warp and the dust into the woof of it and I feel as clean again in a good sensible wash dress.'

It would bring about a capital reform if many older housekeepers could be brought to realize something of the wisdom and propriety of these plain utterances.

A lady once remarked that she preferred being dressed in a dark woollen material because it usually looked as if it was clean even after long wear. 'But do you realize,' asked a relative, 'that a great deal of soil is there even if hidden in the closely woven material?' And it frequently is the habit of ladies who go into the kitchen to do the 'fancy cooking' to take a last year's dress of quite nice material, considering that its air of gentility will render the wearer respectable in case any one should call before there is opportunity for making a change. 'I always keep a good-looking dress to cook in,' a lady said to me 'by keeping along one of my nice dresses and brushing it up from time to time.'

There are a few deft, remarkable souls who managed to cook in a dress of woollen mixture, and keep it in a respectable state. But such managers are exceedingly few and far between. I recall one household 'Auntie' who would go into the rather circumscribed pantry, mix up a cake or stir up a pudding and emerge without a smooch of flour or a spot of any kind on her thick dress or white apron, neither would the pantry shelves give away a hint of an ingredient used. To the contrary I have seen—and many other eyes than mine have looked upon the same laughable vision—what might be considered an unwritten but easily deciphered recipe of all the constituent parts of a recently concocted cake, in plain sight, on the waist sleeves and front of a 'cooking dress.' And it is not difficult at all to recall more than one earnest plea made to a person who considered such a dress the proper thing for kitchen wear, to discontinue its use, because of the dull tints of eggs, flour and essences that no cleansing creams have the power to entirely efface. I also recall the astonishment with which a tub of water was viewed when the widths of a stuff gown were submerged in the water that a moment before had been pure and clear. The dress was not supposed to be very much soiled, although it had done service in the kitchen all winter when the lady made her cake and fancy desserts. Something like the fifth 'sousing' of the goods left the water in a tolerably clear condition.

Oh, by all means enter the kitchen in a dress which, like the hands, can be washed often, and keep clear of stains, spots and all uncleanness.

'I thought I would bring along an apology for my appearance, also for keeping you waiting a few moments,' so said a friend who came blithely to the library to receive

two church acquaintances whose business necessitated a morning call. In her hands the lady-cook held a dish of tempting doughnuts, two plates and napkins. And on their way home, the callers decided that the tender perfectly cooked doughnuts were no more acceptable to the taste than was the lady's appearance to their eyes; for although her face was flushed from proximity to the stove, her well fitting, neat print dress, and shining dishes, all seemed to offset each other in most appetizing fashion.

'Should you want to eat anything she cooked?' has been asked more than once when some culinary duties have been spoken of by a lady holding herself in high self-esteem. And the most piteous part of it is, that no suspicion is entertained generally by the wearer, of the disgusting idea connected with the fine dress of a year or two ago. The prettily made calico or cambric dress is within the reach of any lady able to make nice things in the kitchen. Slight alteration fits the tastefully ready-made wrapper—which usually is snug enough for trimness—to nearly any figure. Far more wholesome, neat, and suitable is the plainest wash dress imaginable, in the kitchen, than the soiled or faded 'afternoon dress' costing ten times as much.

'Neat and trimly drest,

For the apparel oft proclaims the man,'
—'Christian Work.'

The Care of Children's Teeth.

The care of the teeth cannot be begun too early. If a child loses those of the first set prematurely the jaw contracts, there being nothing to prevent it from so doing; the second teeth have not space to stand properly and are crowded. Particles of food lodging between the teeth cause them to decay early. It is a wise precaution to teach a child to pass a thread of silk or dental floss between the teeth after eating, as well as to brush them regularly. Salt and water is a good antiseptic, and answers for a dentifrice as well as many more elaborate and more expensive preparations.—'Ladies' Home Journal.'

Purée of Spinach.—Wash two quarts of spinach in five or six waters. Cook without water till tender, stirring to prevent burning. Chop fine and rub through purée sieve. Add one pint of any stock. Thicken with one tablespoonful of butter and two of flour cooked together. Add one cupful of milk, beat well, then add spinach. Cook five minutes. Season with salt and pepper. Add one cupful cream, heat to boiling point, and serve with crisp crackers.

NORTHERN MESSENGER.

(To the Editor of the 'Northern Messenger')

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