

THE HOUSEHOLD.

WHAT CAN THE BUSY ONES DO?

Could we not do far more work, if we would take a little time to refresh our minds, thereby resting and refreshing our bodies as well? I have little sympathy for the woman who will sit down in the midst of dirt and disorder to read a trashy novel, or for the woman who, to gain time for reading, feeds her family at irregular times, on cold victuals, or in various ways neglects them.

I will tell you how I am situated so you will see how much I have to do, for, of course, in this, as in all things, circumstances alter cases. I have eight children to care for. I keep one servant girl, but do much of the housework and nearly all of the sewing, and have always taken care of my own babies. I have now three little children under school age. My health is good but I was never strong. I could never get up early in the morning and do half a day's work before breakfast as some can, but must work with great economy of strength. We live in a small town, and all the older children attend school nine months in the year, so they cannot help me very much, though I am trying to train them to habits of industry. I have never allowed the older girls to lounge about unemployed, but have always required them to have either work or a book when sitting down. They are welcome to play, and to have plenty of out-of-door sport; for I think they need it when confined so much in the schoolroom. They are very handy at sewing and at times can help me a great deal. My children are all girls but one, so you can see what an amount of sewing we must have to do. I usually select the plainer patterns for dresses because they are more easily made and laundered. I think there is nothing prettier for the little, plump children with well developed chests, than a plain "Dutch" waist, and full skirts with tucks which can be let down the next season, to save so much tedious making over. Woollens for winter and ginghams for summer, form the main supply. To me it is a help to cut out and make a good many garments of the same kind at one time. I seldom make a single article of clothing all by itself. Some days I cannot run the sewing machine; then I baste or finish off work by hand, or mend, and by the way, the mending and repairing is rather a formidable part of the work, but I can truly say I like it. There is, to me, a great satisfaction in making something out of nothing, and in stopping rents and holes, and I have always been thankful that I do not dislike this part of the work. Now if we were rich I would not spend so much time in mending, or in making over old dresses, but mothers of large families and in moderate circumstances must do it to make ends meet. To gain time for reading we must drop some of the non-essentials. I am very fond of all fancy work, knitting, embroidery, etc., but with the exception of a little kept on hand for visiting work, I dare not take time for it. With beautiful hosiery so cheap, does it pay busy mothers to spend so much time knitting stockings and mittens for the little ones? I have a friend who knits all the hosiery for her family of five, but she cannot find time to read the magazines or newspapers or a new book. Knitting lace is a fascinating employment, and I was once beguiled into spending days of valuable time in knitting a fine intricate pattern of linen lace for a child's skirt, when for a small sum I could have bought something that would have done as well. Even a plain hem would have been better than wasting so much time. For invalids or ladies of leisure, fancy work is often a real comfort, and I usually have something begun that may be taken up at times when I would do nothing else. What I object to is spending the evenings and leisure hours upon this work and neglecting to read. I know a lady who does not read at all, yet she knits beautiful lace, and trims her own and children's clothing, and even pillow cases with this lovely work. There are other ladies who spend all their time in doing all their housework, some of which is needless, and in pastry cooking which is worse than useless, because directly tending to injure the health of the family. They search the cook book daily for something new and nice to cook, but are apt to

pass by all the directions for making delicious bread, rolls and biscuit, and the many recipes for warming up cold meats and vegetables, and making inexpensive and healthful relishes. The recipe book should be a help to better and more wholesome living, not a snare for our precious time and our poor stomachs.

I know a woman who is not content with sweeping her carpets in the ordinary way, but she cuts off about a third of the brush of her broom that she may the more effectually dig that poor carpet to pieces. She might as well throw her husband's hard earnings in the fire at once. This woman does not get time to read. O, no, she has to contrive how to patch that carpet till she can get another! Besides, she hasn't any money to spend for books and papers, and the almanac is pretty good reading any way, and all she has time to read. Some of these notably good housekeepers will neglect things about the house which I would think of prime importance; they will hurry to make up the beds before breakfast, so they will appear without spot or wrinkle, should a neighbor happen in early, not considering that many on entering a house where the beds are invariably made without airing, can detect that old, unpleasant smell that tells very plainly of the cause. I once heard of a woman who made the beds before the family were up, but I cannot vouch for the truth of this. These are the women whose families often sleep in a room all winter long, with double windows and no ventilators in them, whose pantries are well stocked with lard, corn-starch, crackers and fine flour, but where oatmeal, cracked wheat, and graham flour find no entrance. What wonder that disease usually appears in such houses! O, my friends, books and magazines and papers are cheaper than tombstones and doctors' bills. Let us avail ourselves of every means of gaining information as to the care of the health of our dear ones. If I have any motto as a guide in my duties it is this: Attend to that first which is most important. And as I have nearly always a baby to care for, it seems to me to be my first duty to keep the baby comfortable and happy. I have often tried to work with a little toddler clinging to my dress and fretting for attention, when it seemed as if I could not stop to attend to it, but I found that at such times it usually paid better in every way to stop a few minutes and attend cheerfully to its wants. Often a little love and some simple diversion will make it happy for a long while. How much better to do this than to slap or scold the little thing or roughly unclasp its little clinging hands. The memory of such treatment has often tortured the mother when the little one has been laid in the grave and the mother is left to work undisturbed.—*Cor. Housekeeper.*

A HELPFUL TALK.

The busy, tired house-mother, who is really in earnest in her desire for mental improvement and dreads the thought of growing rusty in all intellectual pursuits, will find time for a little reading each day; enough, at least, to enable her to keep informed on the current topics of the time.

It will make no difference to such a woman how much work she may have to do, or how many she may have to care for; but, mind you, she must be really in earnest; for, if only half-hearted in the matter, she will often declare that she is, "too tired to read," when she does have a few spare moments. That "where there's a will, there's a way," is just as true of this subject as of any that could be mentioned. When there is but one pair of hands to do all that comes under the head of housekeeping then considerable planning must be done in order to get a chance to peep at the books or papers at all. The greater the amount of work that must be done, the greater need there is of system in doing it.

I do not believe in cast-iron rules that neither sickness nor bad weather are allowed to upset, but we all know that much more can be accomplished and with greater ease when there is regularity in doing the work. When the washing can be done on Monday, the whole week seems to pass away better; Tuesday and Friday are excellent days to set apart for baking days. It is folly for an overworked mother to try to do too much in one day, just because Mrs. So-and-so

washes and bakes and does lots of other work in a very short time, when her strength or surrounding circumstances are perhaps very different. It is one of every mother's chief duties, to take care of herself, her strength, her nerves and her good looks; she owes this to her husband and children.

Many busy women think they cannot have any system about doing their work when there is always so much waiting to be done. But every housewife knows just exactly what has to be done each week and about how much time must be devoted to the little ones; then why not have some regularity about it? We would think it very strange if the hurried man of business had no system in his affairs; and the home with all its complicated departments, requires just as good business management to run it properly, as a store or bank.

Mothers who have little babes to care for, and who must often sit down to nurse them, have then an excellent chance for reading. When one becomes accustomed to it, the plan of reading while knitting, soon becomes a second nature; and if a book or paper is placed in a convenient position, it will be easy to read a sentence now and then even when sewing. Sentences read and thought over in this manner will be remembered better than those read in a more hurried way.

It is essential that the busy, tired house-mother should take a little rest each day, rest from sewing, knitting, mending and housework; this should be devoted to reading, when not needed for a nap, and is best taken just after dinner, before the dishes are washed. Reading at such a time diverts the thoughts from a sense of fatigue and cultivates the mind at the same time. Few families among the great army of working people find the money to spare for a daily paper; and if they did few housekeepers could find the time to read it.

One first-class weekly newspaper, well read, will keep one well posted on the current topics of the day. Where time is limited and one wishes to know something about all the leading questions of the times, such as the different phases of politics, the tariff, reducing the surplus, the relation of our country with foreign powers, woman suffrage and the temperance question,—the reading must be had in as condensed form as possible. Perhaps no better plan for this can be suggested than reading carefully the editorials in some good paper, when we feel that it is one on which we can rely for sound views on such topics.

For reliable and complete news on religious matters and the temperance question, a good religious paper should be taken and well read.

One of the first-class magazines should find a place in every home; but of course all cannot afford them. They are a very treasure-house of bits of travel, of historical and scientific research, of criticisms on works of art, and in their reviews of new books, besides getting the same reading every year that afterwards forms two or three books, from the pen of our most gifted writers of fiction.

In striving to become well read, let none forget to read daily a portion of the Scriptures, for there will be found advice and help for every phase of our daily life. Every wife and mother should read, remember, and talk over what she has read with her family, both for her own sake and theirs.

It is a pity that a woman who, before her marriage, was able to charm with her musical acquirements, should ever find it necessary to forego that pleasure afterward; for the evening and the Sabbaths are the times when one's family appreciate music; and but a small portion of time each week will suffice to keep many a one in practice.

But if "stern necessity" require it, let the music, painting and fancy work go—but the reading, never! It is wrong in a woman who has been married but a few years perhaps, to allow herself to fall behind in this matter. Don't say "I'm too tired to care anything about it," for the time will surely come when you will regret it, and then will find it next to impossible to regain the lost ground.

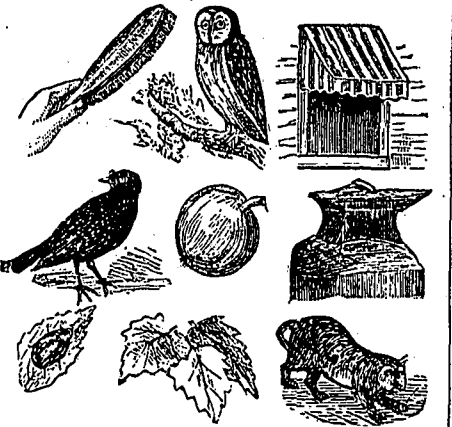
Some seem to think the reading of trashy stories will cultivate their minds; but this is a mistake. They may amuse, but never will they instruct.—*Mrs. O. W. Crawford.*

RECIPES.

**BROWN BREAD.**—Two-thirds of a cupful of molasses, two cupfuls of sour milk, one cupful of sweet milk, two teaspoonfuls of soda, one teaspoonful of salt, one cupful of flour, four cupfuls of corn meal. Steam three hours and brown a few minutes in the oven.

**MACARONI AND TOMATO SAUCE.**—To prepare this nutritious and palatable dish, break the macaroni (small pipe) into two inch lengths, after having carefully examined it to see that it is good, and drop it into boiling milk and water, equal parts, and boil until perfectly tender. One hour or longer will usually be required for this. Have ready a sauce made as follows: Take a pint of strained, stewed tomatoes, and heat to boiling, thicken with a heaping teaspoonful of flour rubbed smooth in a little water, add salt if desired, and at the last a half cup of hot, sweet cream. Boil up together for a minute. Dish the macaroni, and turn the dressing evenly over it.

PUZZLES.—No. 23.



Find the names of these objects, write them down in the order in which they come, and then find hidden words with the following meanings: 1. An excuse. 2. What sleepy folks enjoy. 3. A trace. 4. Solomon. 5. A hunting horn. 6. A smooth piece of grass land. 7. A fancy rural mansion. 8. An exhibition.

ENIGMA.

I'm in wander and in wait,  
I'm in meadow and in gate,  
I'm in lasting and in torn,  
I'm in cummin and in corn,  
I'm in housetop and in hearth,  
I'm in landscape and in earth,  
I'm in seven and in ten,  
I'm in doorstep and in den,  
I'm in apple and in pie,  
I'm in barley and in rye,  
I'm in harvest and in hay,  
I'm in July and in May.

HANNAH E. GREENE.

DOUBLE ACROSTIC.

Part of a wheel.  
A department of France.  
To lie at ease.  
A part of the body.  
A famous songstress of the day.  
A town in the Bahamas.  
A musical instrument.  
My initials and initials spell two countries in Europe.

STANFEL WAINWRIGHT.

ENIGMA.

I am contained by 11 letters;  
My 3, 6, 5, 9 is an insect;  
My 4, 5, 6, 11, 10, 1, is a girl's name;  
My 2, 7, 8, 9, is the hand when shut;  
My 3, 1, 8, 4, is a deep cut;  
My 4, 5, 9, is an article of dress;  
My whole is a country in Asia.

SARAH CALDWELL.

WHAT CITY IS IT?

My whole is composed of 9 letters;  
My 1, 2, 3, 4, 5, is part of the body;  
My 6, 7, 8, 9, is a small body of standing water;  
My whole is a city in England.

LIZZIE I. SURTEES.

GEOGRAPHICAL PUZZLE.

What river in South America has the name of a race of people?  
What country in Europe has the name of a fowl?  
What sea in Europe has the name of a color?  
What lake in the North West Territory has the name of a big bird?  
What lake in Manitoba has the name of a bird?  
What Cape in the United States has the name of a fish?

FRED WM. THERRIEN.

ANSWERS TO PUZZLES.—NUMBER 22.

CROSS WORD ENIGMA.—Love one another.  
ANAGRAMS.—1. Skeleton. 2. Shadow. 3. Rogatis.

ENIGMA.—Verbena.

ANAGRAM.—Northern Messenger.

SQUARE WORD.—

G I A N T  
I D L E R  
A L L E Y  
N E E D S  
T I Y S T

PUZZLES HEARD FROM.

The winner of the Prize for the best solution of the "Inventor's Head" writes:—

DEAR SIR.—My prize arrived here safely yesterday. I am delighted with the book. It is splendid. Thank you. Will you be kind enough to publish the "Inventor's Head" and the answer in the Messenger as I would like to send it to grandpa, and oblige,

Yours, with thanks,  
J. W. Patterson.

How many of our readers would like another Prize Puzzle?

EDITOR Northern Messenger.