

HOUSEHOLD.

The Value of Milk.

(By B. J. Kendall, M. D.)

The last quart of the milking, or 'strippings,' taken immediately after milking, before it has parted with any of the animal heat is the most valuable thing known to build up a person who is thin and emaciated from any disease. My theory for years has been that the 'strippings' was nearly all cream which I have demonstrated to be a fact. I also believed that when taken immediately after milking, while it contained all the animal heat and before any change had taken place, that it would be absorbed at once into the circulation without going through the ordinary process of digestion. This I have also found to be true.

I direct my patients to begin with one-half pint and gradually increase the quantity until at the end of a week they are taking a quart at a time, or as much as they can possibly drink without causing too much discomfort. This should be followed up regularly twice a day. I have known of cases who could not drink the cold milk or even milk which had stood for an hour or two, and yet these persons could drink a quart immediately after milking without the slightest derangement of the digestive organs. In consumption the patient steadily loses in weight and although the old methods are used faithfully to try and build up the strength, yet the patient steadily loses flesh. It is no uncommon thing for my patients, who have followed my instructions, to gain five pounds a week in weight. No other plan I have heard of has proved so successful.

It should be remembered that it is important to select a cow that is healthy and one that gives very rich milk. Then it is also of very great importance that the very last of the milking, or 'strippings,' should be taken, and of equal importance that this should be taken immediately after milking while it contains all the animal heat. No other food is so natural and none has ever proved so successful. The consumptive will soon find a change for the better if the above instructions are followed. I have tested this plan in hundreds of cases in the last few weeks and I know that there are thousands of cases whose lives might be saved if the above instructions were followed. Of course in most cases a certain amount of medical treatment is also necessary.—Presbyterian Banner.

Help for the Drowning.

Drowning accidents are so common and yet so often preventable, if help is only given promptly and intelligently, that everyone should know just what to do in such an emergency. It is probably useless to say what one ought to do when in danger of drowning, for the person in such a situation will not be likely to follow the rules. The body is so little heavier than water that the slightest support, scarcely more than the proverbial straw, will suffice to keep it afloat, if the person can keep cool, avoid struggling, and be satisfied to keep the nose and mouth out of the water while waiting for assistance. If a person is brought out of the water apparently dead, the first thing for the bystanders to do is to get away. If any one among them knows what to do let him assume charge while the others help by keeping at a distance, so as not to destroy the dying man's last chance of getting air. He should first be placed on the ground face down, with the head sloping lower than the feet if the bank is sloping, and the one who is working over him makes pressure with the hands under the abdomen so as to expel any water that may be in the air-passages. Of course if the clothes are on they must be loosed immediately, and then pulled or cut off by an assistant without interfering with the work of resuscitation. As soon as the water has been squeezed out, the patient is to be turned on his back and covered with a blanket, a by-stander's coat, or anything warm, and hot-water bottles or hot bricks, wrapped in cloths, so as not to burn the skin, should be placed about the body and feet underneath the coverings. A very good way to get rid of inquisitive and excited people who persist in crowding around the drowning man and shutting off

the air is to send them in different directions to the nearest houses for blankets, hot bricks, bottles filled with hot water and with thick stockings drawn over them, smelling-salts, hot tea or coffee, and anything else that can be thought of. Few of the things brought can be used, but that will not matter.

The Kitchen Range.

A great many people never seem to realize that there is a fine art in managing a kitchen-range. There is, by the way, a very wide divergence in the methods of housekeepers as regards this important kitchen auxiliary. Some of them never allow the fire to go out from year's end to year's end; others make a fresh fire every day. Both contend that their way is the best, and probably could give good reasons for the faith that is in them. There is something, of course, to be said on both sides. In the one case it is claimed that all that is necessary is to throw the draughts wide open in the morning, put on a very slight sprinkling of fine coal and have a breakfast fire at short notice; or, if the fire has kept well over night, after a few minutes of full draft and a little shaking down, no coal is necessary until the breakfast is over. This, however, is not likely to be the case unless the fire-box is extremely large and has been well filled the night before. This, as a matter of fact, consumes a large amount of fuel and is by no means economical.

The adherents of the fresh-fire-every-day plan claim great advantages from a thorough clearing-out of the range. The provident housekeeper, who takes time by the forelock, cleans her range out at night and fixes everything so that all that is necessary is to touch a match to the paper or kindling. She has taken off all the covers, brushed the top of the oven well and cleared the grate thoroughly. The ashes are taken up and sifted and the cinders are ready for use as soon as the first fire dies down a little. This will keep the range in good condition until dinner-time.

It takes years of practice and precept to teach some people economy in the use of fuel. To make the most of it, one must have a good range to begin with, an excellent draught and must keep the flues clear and everything about the heating-apparatus in the best possible condition.—Ledger Monthly.

Tell the Cook

To rub tough meat with a cut lemon.
To use bacon fat for frying chicken or game.

To try dipping sliced onions in milk before frying.

To use tender-boiled asparagus tips for a nice omelette.

That lemon and orange peels are fine for flavoring sauces.

That fried sweet apples are excellent for serving with liver or kidneys.

To steam stale rolls or a stale loaf of bread until fresh and warmed through before serving.

That a squeeze of lemon improves scrambled eggs, and it should be added while they are cooking.

To add a few drops of vinegar to the water for poaching eggs, to make them set properly and keep the white from spreading.

That fresh eggs taken from the shell and boiled in half a pint of sweet cream and seasoned with pepper and salt, form a delicious breakfast dish. They should only cook two minutes in the boiling cream.

That the appetizing mint sauce is best made from three tablespoonfuls of finely-chopped mint, two tablespoonfuls of granulated sugar and a teacup of vinegar. Wash the mint and free it from grit, chop it finely, and put in a tureen with the vinegar and sugar and cover closely for an hour.—American Paper.

The miserably irritable and despondent moods which sometimes possess both children and grown people often need only the fresh air and sunlight to drive them out. When you feel that everything has gone wrong, and that life is a sort of quagmire into which you are sinking, just put on your hat and go out of doors, run on a kindly errand for somebody, if you can, and take deep breaths that will fill your lungs with oxygen.

OUR BEST PREMIUM.

The New-Century Publication WORLD WIDE

A Weekly Reprint of Articles from Leading Journals and Reviews Reflecting the Current Thought of Both Hemispheres.

Special Clubbing Offers.

TWO GREAT WEEKLY PAPERS

NORTHERN MESSENGER and WORLD WIDE.

12 pages, 30c. 16 pages, 75c.

Aggregating over 850 pages per annum.

Both to one address—Regular price, \$1.05,
Special price,.....\$.90
Both to two separate addresses—Regular price, \$2.10,
Special price,.....\$1.20
Both to five separate addresses—Regular price, \$5.25,
Special price,.....\$2.50

THREE GREAT WEEKLY PAPERS

Northern Messenger, Weekly Witness, World Wide,

12 pages, 30c. 20-24 pages, \$1.00. 16 pages, 75c.

Aggregating over 2,500 pages per annum.

All to one address—Regular price, \$2.05,
Special price,.....\$1.50
All to two separate addresses—Regular price, \$4.10,
Special price,.....\$2.70

JOHN DOUGALL & SON,
Publishers, Montreal, Canada

ADVERTISEMENTS.

100 RARE STAMPS 10c

Choice collection, all foreign, including stamps from Austria, Italy, Greece, Portugal, Africa, etc. etc. Mailed postpaid, 10c. silver. Grand Bonanza Collection containing 1000 rare foreign stamps, mailed postpaid, 25c. silver. Order to-day and receive our big Illustrated Catalogue. JOHNSTON & CO., 87 TORONTO.

Earn This Watch

with polished nickel case, ornamented edge, and reliable American movement.

by selling only 2 doz. packages of Root Beer Powder, at 10c each. Each 10c. package makes \$1.00 worth (20 large glasses) of a cool, refreshing, delicious summer drink. It is something everybody wants, and so cheap that everybody buys it. Write for Powders. Sell them, return the money, and we send your Watch, postpaid. THE HOME SUPPLY CO., BOX 87 TORONTO, ONT.

THE BABY'S OWN SOAP

NORTHERN MESSENGER

(A Twelve Page Illustrated Weekly).

One yearly subscription, 30c.
Three or more copies, separately addressed, 25c. each.
Ten or more to an individual address, 20c. each.
Ten or more separately addressed, 25c. per copy.

When addressed to Montreal City, Great Britain and Postal Union countries, 52c postage must be added for each copy; United States and Canada free of postage. Special arrangements will be made for delivering packages of 10 or more in Montreal. Subscribers residing in the United States can remit by Post Office Money Order on Rouse's Point, N. Y. or Express Money Order payable in Montreal.

Sample package supplied free on application.

JOHN DOUGALL & SON,
Publishers, Montreal.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall and Frederick Eugene Dougall, both of Montreal.

All business communications should be addressed 'John Dougall & Son, and all letters to the editor should be addressed Editor of the 'Northern Messenger.'