

hazel, then powdered well with boracic powder.

Changing the position will rest a patient. If too weak to lie upon the side, take a pad or a small pillow and by turning the patient a little, place it under the side. A roll under the knees is a great rest. Simply take a pillow, pin together tight, and slip under the raised knees.

Patients suffering from cold feet may easily be warmed by taking quart-bottles and filling two-thirds full of hot water. Put the stopper on tight and pin the bottle inside a flannel bag. Place at the feet, being careful not to burn the patient.

Nervous and sleepless patients can frequently be put to sleep by giving a warm sponge-bath at bedtime or by giving a hot footbath. Give also a cup of hot milk, cocoa or broth.

In feeding patients, a number of things are to be taken into consideration. Prepare the food daintily and take the food hot, as luke-warm food spoils an appetite. Give good, nourishing food, also feed the patient with the same regularity as in giving the medicine. Do not over-feed, for food given at shorter intervals will do far more good than larger quantities given at longer intervals. In preparing a tray, do not overload it, but take small quantities and prepare what the patient relishes. Never leave food or milk in a sick room. Should the patient care for anything more, get it fresh. This applies particularly to water, which after standing in a room, never tastes so good as when fresh. All water must be boiled. The vessel containing the water should be placed in a larger vessel and packed round with ice to keep cool.

### Eggs.

Use hot water instead of milk to thin the eggs in an omelet: It makes it more tender.

**A New Toast.**—Bring a quart of milk to the boiling point, and add two eggs well beaten. Boil one minute, and then salt to taste, and pour over thick slices of buttered toast. Put in the oven until the custard is set.

A new way of poaching an egg for an invalid's tray is to butter the inside of a cup, separate the white from the yolk of a new-laid egg, whisk the former to a stiff froth and put this into the cup, making a cavity in the middle wherein to slip carefully the yolk. Squeeze a drop or two of lemon juice on the top, then set the cup in a small saucepan of boiling water, and let it poach thus until the white is done.

### What Alcohol is Good For.

Frequent washing with soap will dim the surface of a mirror. The occasional use of alcohol is recommended, but for frequent washing, damp newspaper with a polishing with chamois skin will keep mirrors in good condition.

If alcohol is used to clean gilded picture-frames—and nothing is better for the purpose—it should be applied very lightly with a camel's-hair brush. The beaten white of egg is also a good cleansing agent for the gilt, and needs the brush application with the same light touches.

Over my sink are two bottles and a nail cleaner, says a writer in the 'Woman's Home Companion.' One bottle contains five parts of lemon juice to one of alcohol, which will keep indefinitely. The other contains the following lotion: One-fourth of an ounce of gum tragacanth added to one pint of rainwater, which has stood three days, then one ounce each of alcohol, glycerine and witch hazel, also a little good faint perfume. After washing dishes or preparing vegetables I apply a little of the lemon juice, then the lotion, and in a moment my hands are dry, soft and very smooth. All stains disappear as by magic, and the nails are cleaned easily. The time required is not over two minutes. This process repeated five or six times daily will certainly repay house-keepers, for what is there more indicative of refinement than well-kept hands? Then, too, the expense of these lotions is comparatively nothing. Be sure to have them in a very handy place.

### Well-governed Children.

It is quite a mistake to suppose that children love the parents less who maintain a proper authority over them. On the contrary, they respect them. It is a cruel and unnatural selfishness that indulges children in a foolish and hurtful way. Parents are guides and counsellors to their children. As a guide in a foreign land, they undertake to pilot them safely through the shoals and quicksands of inexperience. If the guide allows his followers all the liberty they please—if, because they dislike constraint of the narrow path of safety, he allows them to stray into holes and down precipices that destroy them, to loiter in woods full of wild beasts or deadly herbs—can he be called a sure guide? And is it not the same with our children? They are as yet only in the preface, or, as it were, in the first chapter of the book of life. We have nearly finished it or are far advanced. We must open the pages for these younger minds.

If children see that their parents act from principle, that they do not find fault without reason, that they do not punish because personal offence is taken, but because the thing in itself is wrong—if they see that, while they are resolutely but affectionately refused what is not good for them, there is a willingness to oblige them in all innocent matters—they will soon appreciate such conduct. If no attention is paid to rational wishes; if no allowance is made for youthful spirits; if they are dealt with in a hard and unsympathizing manner, the proud spirit will rebel, and the meek spirit will be broken.—Michigan Advocate.

### The Education of Parents.

It is evident, from many unmistakable signs, that the true idea of education has never seized the minds of a great number of parents and guardians. It is highly essential, certainly, that youths and maidens should be equipped with modern weapons for changed modern conditions; but it is far more essential that they should be sent out into the world properly equipped against the murderous attacks which modern life makes upon the human spirit. Both things are needed, but the latter more especially. This solemn work depends not so much upon the schoolmaster as upon the parents. They who produce life are the proper persons to train it. Paternity involves the serious responsibility of preparing children for the battle of life, and this task is impossible without religious training. Upon this vital point too many parents themselves need education. There is no work more pressing at the present hour than that of bringing parents face to face with their awful responsibility to train their children for God. This is to deal with the nation's life at its source.—The Christian.

### While You Are Growing.

Growing girls and boys do not always appreciate that it is while they are growing that they are forming their figures for after life. Drooping their shoulders a little more every day, drooping the head as one walks, standing unevenly, so that one hip sinks more than the other—all these defects, easily corrected now, will be five times as hard in five years and twenty-five times as hard in ten years. A graceful, easy carriage and an erect, straight figure are a pleasure to beholder and possessor and are worth striving for.

An easy way to practise walking well is to start out right. Just before you leave the house, walk up to the wall and see that your toes, chest and nose touch it at once; then, in that attitude, walk away. Keep your head up and your chest out and your shoulders and back will take care of themselves.

A school-teacher used to instruct her pupils to walk always as if trying to look over the top of an imaginary carriage just in front of them. It was good advice, for it kept the head raised. Don't think these things are of no value. They add to your health and your attractiveness, two things to which everybody should pay heed.—Sunday Reading.

### Points on Potatoes.

Physicians assert that baked potatoes are more nutritious than those cooked in any other way, and that fried ones are the most difficult to digest.

The secret of making good mashed potatoes

is to keep them hot while mashing, and to have also the milk very hot when it is added. Beat thoroughly and serve in a hot dish. Lay a piece of butter on the top and serve.

A method of improving the potato is credited to M. Michalet, as a result of experiments made in the department Vaucluse, France. He advises that the potato plant should be stripped of its blossom, and the crop of tubers will be improved in quantity and be richer in starch. The flower is not at all necessary to the well-being of the plant, which in the process of blossoming consumes starch and other vegetable substances.

**Stewed potatoes for breakfast.**—Pare, cut into dice, soak in cold water a little while, then stew, in enough hot salted water to cover them. Before taking up, and when they are breaking to pieces, drain off half the water and pour in a cupful of milk. Boil three minutes, stirring well; put in a lump of butter the size of an egg rolled in flour, a little salt and pepper. Add a sprig of parsley; boil well and turn into a covered dish. An excellent family dish.

**Vermont Pudding.**—Select fine, nicely popped corn and roll. To three cups of popcorn add three cups of milk and set on top of the stove to soak one or two hours. Then add one egg (or one tablespoon cornstarch), two tablespoons of sugar, butter size of walnut, pinch of salt, grating of nutmeg, one-third cup of raisins, and then bake. Spread jelly on top and serve with cream and sugar.

### PATENT REPORT.

Following is a list of patents recently granted by the Canadian and American Governments, secured through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal, Canada, and Washington, D.C.

Canada.—Nos. 2,160, Prof. J. Rosario Viau, Montreal, Que., ladies' tailor system; 86,594, Joseph Lemire, Drummondville, Que., electric railway signal; 86,637, Georges R. Pelletier, Pelletier's Mills, N.B., axe; 86,651, Frederick V. Speltie, Amsterdam, Holland, process and apparatus for extracting oil from fish and obtaining dried residues serving as 'guano.'

United States.—Nos. 757,402, George Laporte, St-Felix de Valois, Que., acetylene gas generator; 757,455, Arthur Guidon, Montreal, Que., rotary engine; 757,722, Dona Boisvert, Providence, R.I., electric semaphore.

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### Death By Neglect.

Dr. D. M. Bye, the eminent specialist of Indianapolis, who cures cancers by the use of a combination of oils, says thousands of persons die from cancer every year from no cause save neglect. If taken in time not one case in a thousand need be fatal. The fear of the knife, or the dread of the burning, torturing plaster causes a few to neglect themselves till they pass the fatal point. By far the greater portion die because their friends or relatives, on whom they are dependent, are insensible to their suffering and impending danger till it is too late. If you have friends afflicted, write to-day for free book, giving particulars. Address DR. D. M. BYE CO., Drawer 505, Indianapolis, Ind.