

HOUSEHOLD.

Holiday Cookery.

It always seems to me a great pity that children are not allowed to practice cooking, especially considering the constant complaint of the inefficiency of the mothers in this particular branch of domestic work. Great endeavors are being made to include cookery amongst the necessary branches of a girl's education, but home practice is needed to ensure the success of such instruction. What better employment for a wet day than the preparation of a miniature dinner or tea, to which some small friends might be invited.

The cost of material, even if the dish is spoilt, is very little, as such small quantities can be used, and, although a certain amount of supervision is required, children learn much better by doing things themselves than by seeing others do them, though it is sometimes a good plan to make the dish yourself first while they watch. Another objection to the children cooking is that they get in the way in the kitchen, and hinder the real work of the house. But why have them in the kitchen? The nursery or play-room will do equally well for the preparation of the dishes, and they can be carried into the kitchen, when finished; to cook. Of course, I am not ignoring the fact that many things require the fire all the time, but such may well be left until a certain amount of skill has been obtained, and then cook will not be inclined to grumble when she sees how capable and neat the children are in their work. Method is essential, and the ingredients for each dish and the utensils required in its manufacture should be carefully put ready before the cooking commences.

An hour and a-half to two hours is the longest time a child can really give full attention, for after that the interest wanes, and if the lesson be prolonged, serious work will be out of the question, and only 'messing' goes on. As a rule, one dish is quite enough to do, unless two simple ones be chosen. They will, no doubt, mostly consist of such things as appeal to the childish palate, but useful and wholesome articles of diet should be introduced as often as possible, and prepared for mother, or father, who will encourage the young ones by trying their concoctions.

Small dishes and basins can be bought very cheap, and do admirably for the children, and if it is impossible for them to cook in the kitchen, a little oil stove will do all that is wanted. Only simple puddings or cakes should find a place in the programme at first, but it is surprising how soon the little fingers grow capable, and when once the management of the different utensils is mastered, all sorts of wonderful pies, not to speak of bread, etc., can be turned out with great credit to the youthful cook. A plain cake, such as seed, is a good thing to begin with, or a bread-pudding, and as toffee is sure to be asked for, and will make the 'game' popular, it might be made, too, if the cakes are carefully done. Three nice little cakes may be made with the following ingredients, and can be baked in patty-pans or placed in heaps on a greased flat tin:—Put three ounces of flour into a basin, and mix into it a pinch of salt and a quarter of a teaspoonful of baking powder. Now rub into the flour three-quarters of an ounce of fat, and when it has disappeared, add half an ounce of sugar and half a teaspoonful of caraway seeds. Beat up an egg, take a quarter of it, and add a little milk to it, pour it into the flour, etc., and mix all together with a knife until it is a rather thick paste. Place the cake in three little heaps on the tins, and bake for twenty minutes in a quick oven.

For the toffee, put three ounces of fresh butter into a saucepan, and when it has dissolved, stir in a pound of moist sugar, and continue stirring, to prevent it burning. When it boils, add a little lemon-juice or vinegar, and as soon as the color begins to change, try it by dropping a little into cold water. If the mixture becomes crisp as soon as it touches the water, the toffee is done, and should at once be poured on a greased tin or plate.

Little meat pies or meat puddings, fruit pies, turnovers, currant cakes, baking powder bread, scones, sponge cakes, sausage rolls, apple dumplings, suet or Yorkshire puddings, pancakes, milk puddings, toad-in-the-

hole, all these can be well practised in small quantities, but whatever is made, the rule that everything should be cleared away tidily after the cooking is done should be strictly enforced.

A Winsome Home.

The interior, much more than the exterior of a dwelling mirrors more or less clearly the minds of its inmates. The judgment that upon crossing a threshold, we are tempted to form from a few hasty glances, often proves to be correct. Taste, refinement, love of order, peaceableness, cheerfulness, and other traits may be at once suggested, and you may feel that you do not need to be told what sort of people inhabit the place. 'Appearances,' runs the proverb, 'are deceitful'; but the story told by the interior of a home is likely, in general outline at least, to be true. And if the hour you have entered be winsome, the thought will be quite sure to come that its quiet ministry cannot be overestimated. It reacts upon those whose inner life it expresses, so that what they have given forth they receive again with generous interest.

And the friends and neighbors who visit such a home? They, too, even though they may not realize it, are potentially affected. The place has a charm for them. They go out for a walk, and almost before they know it, they find themselves at the familiar door. Then, of course, they must ring and go in, though it be only to exchange greetings.

And the guests? Happy are they who are privileged to pass a night or two beneath that hospitable roof! Luxury may be a stranger there; plain living may be compulsory; but if there be plain living, there is also high thinking, and not only that, but warm hearts and loyal souls. The faces of the inmates, the few well-selected pictures, the books on the tables, the arrangement of the furniture, and the food that is served—everything in that home helps in some way to make it more attractive; and when the guest retires for the night, though the room that he occupies be as simple as it well could be, he feels more at peace than he would were he domiciled in a palace, with half a dozen jackeys at command. A home like this cannot be made to order; all the wealth and art in the world could not create it. Before it can exist, you must have well-balanced natures—minds that think, hearts that love, and service without price.—Presbyterian Banner.

For Women Who Wish to be Well.

A lady doctor who is keenly interested in all that promotes the general well-being of her sex gives the following hints:

'The greatest evil in the lives of women,' she writes, 'is the lack of outdoor exercise. A brisk walk every day would work wonders in the case of many a pale and nervous girl.

'Walking quickens the sluggish blood, brightens the eyes, and gives a clear complexion, as well as improving the general health and vitality.

'Where possible, a course of gymnastics is invaluable, as it not only strengthens the body, but improves the outlines, and gives additional grace to the movements.

'A quarter of an hour night and morning is not too long for such exercises. The windows should be open during the exercise, so as to have a free circulation of air, and afterwards it is well to sponge the body in tepid water.

'Girls who practice these rules are bound to benefit both in good health and good looks, more especially if they adopt a style of garments suited to such active pursuits. The clothing, in fact, should be light, and so designed as to give perfect freedom to every muscle in the body.—'Sunday Companion.'

Selected Recipes.

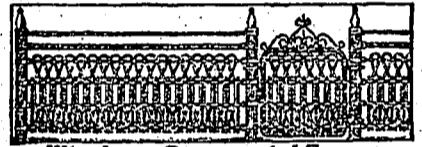
Indian Meal Fruit Pudding.—Mix together one pint of Indian meal and one pint of wheat flour, one teaspoonful of salt; chop fine and free from skin one cup of beef suet. Beat four eggs until very light; add to them one pint of sweet milk; add this to the above mixture; then add one cup of seedless raisins and one cup of currants, well floured, and two large teaspoonfuls of baking powder. Turn the mixture into a well-greased

pudding pan, cover tightly, and place in a saucepan of boiling water; having the water reaching over half-way up on the sides of the pan. Boil constantly for three hours. Serve hot with a sauce.

A Delicious Corn Soup.—Use for every canful of corn one and one-half pints of milk, one and one-half tablespoonfuls of butter, one tablespoonful of flour, one level teaspoonful of salt, one-sixth of a teaspoonful of pepper, and one tablespoonful of minced onion. Mash the corn as fine as possible, and then put it into the double boiler. Put the milk—except one gill, which you will reserve for blending the flour—with the corn, and cook for quarter of an hour. Cook the onion in the butter for about ten minutes, stirring frequently and taking care that it does not burn, and add it to the corn and milk. Mix the cold milk which you reserved with the flour, and when it is well blended and perfectly smooth stir into the hot mixture. Add the salt and pepper and cook for ten minutes longer, then strain, and serve very hot.—'Woman's Home Companion.'

Potato Balls or Croquettes.—Four large, mealy potatoes, cold; mash them in a pan with two tablespoonfuls of fresh melted butter, a pinch of salt, a little pepper, one tablespoonful of cream, and the beaten yolk of one egg; rub it together for about five minutes, or until very smooth; shape the mixture into balls about the size of a walnut, or small rolls, dip them into an egg well beaten, and then into the finest sifted bread crumbs; fry them in boiling lard.

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