

HOUSEHOLD.

A Baby.

A bald red head,
 A puckered face,
 Hands blindly wand'ring
 Into space:
 A wee faint smile,
 A stalwart squall,
 And yards of clothes
 To hide it all:
 Yes, that's a baby.

A bunch of sweetness
 Full of bliss,
 A thing to cry
 About and kiss:
 A blessing sent
 Straight from above,
 A pound of care,
 A ton of love:
 Now, that's a baby! —'Morning Star.'

Beans, Peas and Lentils.

In these leguminous foods we have some of the best heat and force foods which furnish an excellent diet for winter. They are inexpensive and contain so great an amount of nourishment that they may often be used as a very satisfactory substitute for meat. They are among the most healthful foods if properly prepared, not being so highly concentrated, they are too often cooked in such a manner as to make their digestion a severe strain on the ordinary digestive system, and much of their latent flavor and nutriment is lost. In preparing a quart of white beans they should be soaked for several hours in clear water, then drained and put in a baking dish which should be one of stoneware if possible. A tablespoonful of salt, a generous dash of pepper, and two tablespoonfuls of molasses, with boiling water to cover, are added and the whole placed in the oven to bake for eight hours.

A pinch of baking soda in the first boiling water makes the beans tender and easier of digestion. In all cases the first boiling water should be poured off as it contains an element which is liable to bring about temporary indigestion. Beans baked after the Boston fashion have become famous. To prepare these soak a pint of beans over night, place in a kettle with a pound of salt pork, cover with water and boil until tender. Drain, season with pepper and salt and add a cupful of molasses. Place the pork in the centre of a deep pudding dish, pour the beans over it and bake in a moderate oven for six or eight hours. A half hour before taking them from the oven, remove cover and allow them to brown.

Beans baked with stewed tomatoes form a very appetizing dish. Having prepared a pint of beans by soaking and boiling, add to them a level teaspoonful of pepper, a level tablespoonful of salt and a level tablespoonful of molasses. Cover with water and bake slowly for eight hours, adding from time to time, as the water boils away, stewed tomatoes from which the seeds have been removed. A pint of tomatoes to a pint of beans is the correct proportion. Beans so prepared keep for a long while if sealed in jars while hot.

Puree of beans makes an excellent soup for luncheon. Add one pint of cooked beans (either boiled or baked), a tablespoonful of butter, a chopped onion, and a tablespoonful of chopped parsley to three quarts of water; cook for thirty minutes. Another soup is prepared from black beans. After soaking a cupful over night, add one gallon of water and one-half pound of freshened salt pork; cook slowly for three hours, then add a finely chopped onion, a tablespoonful of chopped parsley, or half teaspoonful each of thyme and marjoram, a tablespoonful of salt and a dash of cayenne pepper; cook for another hour, run through a colander and return to the fire; rub together a tablespoonful of flour and butter, add to the soup and let it boil up. When ready to serve pour into a soup tureen and add four sliced, hard-boiled eggs. The remnants of baked, boiled, or tomato beans may be very satisfactorily disposed of by covering with water and simmering for half an hour, mashing the beans as much as possible. Return them to

the stove, season with pepper and salt and add a tablespoonful of butter and small squares of bread toasted brown.

An English recipe for the use of peas gives us the pea pudding of such repute. Soak one pint of yellow peas in water over night. Drain, tie in a pudding bag, and drop into a pot of boiling meat which may be mutton, beef, freshened salt pork or ham; boil for three hours, adding an onion, a few carrots and turnips, and several cloves to give flavoring to both meat and pudding. After three hours of cooking remove the peas, drain and rub through a colander. Season well with pepper and salt, and add one tablespoonful of butter, a tablespoonful of chopped parsley, and one cupful of rice that has boiled for twenty minutes; mix well, then take a square cloth which has been dipped in hot water and floured and pour the pudding into it. Tie the corners firmly and return to the pot to boil for thirty minutes. Remove the cloth and serve with slices of the meat and a sauce of curry, onion or tomato. An old-fashioned pea soup is made by covering a ham bone with water and when partially boiled adding a cupful of split peas. After fifteen minutes before dishing up, German noodles are dropped in.

The most tender and delicately flavored of any leguminous vegetable is the lentil. It seems strange that this vegetable is so little used in America, while in Europe, especially in France and Germany, it is a great favorite and one of the commonest dishes. For puree soak one-half pint of lentils over night; drain, cover with two quarts of water, add a stalk of celery, a small carrot and a sprig of parsley. Boil for two hours, press through a sieve and reheat; add a tablespoonful of butter and flour rubbed together, a teaspoonful of salt and

half a teaspoonful of pepper, then boil for ten minutes. Serve hot with buttered toast or crackers well browned in the oven and buttered. A method of cooking which comes from Germany is to soak them over night and boil for two hours, adding finely chopped onions cooked in butter and a tablespoonful of curry powder. They are then served with rice, cabbage, or sausages. —'Prairie Farmer.'

The Care of the Children's Hair.

Mothers should teach their children to care for their hair as early as possible.

If the little girl is coaxed into the habit of giving her locks a hundred strokes with a stiff brush every morning and evening and braiding them loosely for bed, the foundation for a future beautiful head of hair will be laid.

Counting the strokes will lighten the task for her, and she will soon become accustomed to it and make it a part of her daily toilet. Too many children are allowed to go to bed with their hair in a tousled condition, only to have it jerked and tangled hastily when school times comes around.

Such a practice is disastrous to the nerves of a sensitive child and ruinous to the hair. Teach the little daughter to take care of her hair and at the right time, and also to keep her brushes and comb in the proper state of cleanliness.

These articles should be as strictly personal as the tooth-brush. Never allow one child to use the other's hair-brush. Diseases of the scalp are most contagious, and the brush is the surest germ agent.—'Dom. Pres.'

A Brief Summary of Premium Offers

Article.	Cash in addition to one renewal at full rate.	Sale price for cash separately to our subscribers.	Free for NEW subscriptions to the 'Messenger' at full rates as under.
Maple Leaf Brooch	15 cents	20 cents	One new subscription.
Maple Leaf Blouse Set	35 cents	50 cents	Two new subscriptions.
Folding Pocket Scissors	35 cents	50 cents	Two new subscriptions.
Five-inch Scissors	40 cents	60 cents	Two new subscriptions.
Cutting Shears, eight-inch	60 cents	90 cents	Three new subscriptions.
Lady's Pocket-Knife	35 cents	50 cents	Two new subscriptions.
Boy's Jack-Knife	60 cents	75 cents	Four new subscriptions.
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Ingersoll Watch	\$1.00	1.25	Five new subscriptions.
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Sterling Silver Teaspoons, a stock pattern, very fine	1.10	1.25	Six new subscriptions.
Set of six 1847 Rogers Plated Teaspoons	2.00	2.25	Eleven new subscriptions.
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50 Colored Stereo Views Japanese, wide range	90 cents	\$1.00	Four new subscriptions.
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Game of 'Din'	50 cents	60 cents	Three new subscriptions.
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