

## HOUSEHOLD.

### The Housekeeper's Duty to Herself.

(By Rose Gillette Shawe.)

Every housekeeper owes it to herself to so arrange her domestic affairs as to secure for herself in so far as possible immunity from sickness, from overwork, and to so hold the reins of power in her own hands as to promote her own well-being, as well as to provide comfort for the various members of her family.

By plainness of living, by cutting off superfluous drains upon energy, and by a liberal employment of help from time to time, housekeepers can oftentimes get well and keep well when otherwise they must drag on through weary weeks and months of illness. If economy must be studied, let there be less rich food, fewer furbelows, of dress, and far less bric-a-brac and household ornamentation. And let the mother's time and strength be saved, by all means, if she be the housekeeper.

We have no patience with the American notion of children first in all things. It is quite time that we learned that children well cared for are best kept religiously in the background, and their plans and pleasures made to coincide with the family arrangements; if there is not an abundance of help, they should be taught thoughtfulness as regards making extra steps and work; and any extra indulgence in this line should be made so great a favor as to impress its importance upon their minds.

No human being has a moral right to become the slave of her nearest and dearest. The house-keeper and the mother should possess a certain firmness and moral dignity which should prevent her family from regarding her simply in the light of a general servant. Few families will put the fact so plainly to themselves, but in thousands of families the fact is as apparent to all outsiders that it must be by a species of self-delusion that each and all do not recognize it. Let no mother or housekeeper who reads this permit her personality to be so absorbed in her work as to become simply an automaton that other lives may be made more luxurious and self-indulgent. It is a false pride which carries its own punishment in its natural consequences, which gives the children the ease and comfort of apparent means at the expense of the overworked mother. It is not needful to show the bareness of our lives to the world unnecessarily, but if hiding the want of means must be at the expense of the health or comfort of the home-maker, then let the world know that 'cannot afford' has an important place in your vocabulary. Be independent and self-respecting, and if that necessitates drudgery, do the drudgery cheerfully, only take good care that each and every member of the household does her full share.—The Christian Work.

### In Sickness.

(By Mary Louise Palmer.)

Sickness seldom finds one ready, and there are no rules one can place upon paper to prepare one. Individuals and families must in large measure be a law unto themselves when sickness or calamity befalls. And there is a blessed adaptiveness that helps through hard and trying places that is often wonderful.

A neighbor of mine fell ill of typhoid fever. The husband nursed her through six weeks' illness, caring for the family of five children besides. How he did it, he said he never knew. He only knew he did it, one day at a time.

Thus in sore straits we are often carried through in ways we may not be able to tell or describe to another.

There are, however, certain preparations that may be made in the household that will be of greatest convenience and help when sudden sickness or accident comes. In every home, even the humblest, a small medicine chest may be kept in reserve. It may contain nothing but commonest domestic remedies; it will be useful. A box of good mustard, rolls of soft rags and cloths, rolls

of old flannels, bottles of Jamaica ginger, sweet oil, castor oil, medicinal herbs such as grow in the country, sometimes around one's door—thoroughwort, mullein, everlasting, and so on. Also good antidotes for poison.

Always have them all together and kept in the same place. Let the children know where the box of medicines are placed, and if the place is changed, explain to them.

Simple remedies close at hand are often of more value than an apothecary's shop farther away. More physicians than one have had occasion to bless prompt treatment with domestic remedies in serious cases, and some knowledge in nursing is an important factor in home life. When a physician is called, and says at first visit, with shake of head, 'the mother is no nurse, no nurse,' it means that part of her education or even observation has been neglected, and that she is woefully deficient. Trained and professional nurses are not to be had in every home, but each member of a family may be trained in some degree if he or she will.

How wise when in health some attention be given this matter, so that one may know in a small measure of common remedies—to make a poultice or prepare gruel, if no more.

For sickness, a single bed is always more handy, and warm, light blankets should be in every home. Light, puffy comfortables for bed covering and light weight quilts are so much better than heavy. A chair, it may be quite old or old-fashioned, comfortably padded, large and roomy, with easy head rest, will be found very restful if no more than ordinary headache is the trouble.

It may stand in its corner in the family sitting room, or occupy a more retired place; it will be a comfort when convalescing from fever or other sickness. One will be glad to possess it then if at no other time.

Comfortable foot rests may be had with little trouble. A flannel wrapper or dressing gown, easy slippers, warm shoulder blankets, and other useful and convenient articles, as they come to mind, may be placed in drawer or box, ready, if needed, and if not, so much the better. The things I have mentioned are trifling in cost, but worth a great deal in time of need.

Old underwear should be saved. The time may come when it will do good service. There are so many, many things needed in sickness, if continued long; how wise to take caution for the rainy day.

The easy, happy-go-lucky sort of people are pleasant to meet, a joy to themselves and others, but if there were no different class, who would be ready or prepared to help out the improvident when their day of extremity came? When one is earning money is surely the time to save. When one is in health is surely the time to prepare for sickness.—'Christian Work.'

### Useful Hints.

A little saltpetre added to the water in which cut flowers are put will keep the flowers fresh a long time.

In making a salad of fish, if you add a little cucumber pickle, chopped very fine, to the dish before the dressing is poured over, you will greatly improve it.

If corned beef, tongue or ham is left to cool in the water in which it is boiled the meat will be much better and more moist. All boiled meats should be cooked slowly and never be allowed to boil rapidly.

In blanching nut meats pour over them boiling water and let it stand for a few moments. Throw over them cold water and rub them between the fingers, and the skins will readily come off.

Fowls which have long since achieved their majority may renew their youth and win enconiums as 'roast chicken' by being stuffed, seasoned, steamed, until tender, then roasted a delicate golden brown.

When flesh of beast or bird is so tough that it must be boiled, a tablespoonful of vinegar put into the pot hastens the process and destroys the tissue of the toughest and hardest muscle.

### Too Few Vegetables.

It is becoming a most familiar idea among people of advanced intelligence that more fruit and vegetables in our diet would have a most beneficial effect upon our minds and morals.

From careful compiled statistics it is proven that children who are fed largely upon a meat diet are irritable, snappish and quar-

relsome, have bad breaths, and, as a rule, bad manners and morals.

It is one of the greatest of errors to give much meat to a child under ten years old. Their digestive organs are not equal to the demands made upon them by such hearty food. Milk, custards, simple puddings, farinaceous food, fruit and vegetables are the safest and best foods for little ones. A soft-boiled egg is an excellent article for a child if there is need of a hearty meal. Soups, broths, and stews, with a very small bit of meat finely shredded and a large amount of vegetable ingredients make almost perfect food for growing children.

Fresh fruits in season may be eaten as a dessert after every meal. It is the children of the poor, or those in moderate circumstances, that are the greatest meat-eaters. And meat is the most expensive and the least beneficial of all foods. It satisfies, but it inflames, stimulates and irritates, and will in time create abscesses and other diseases. Fruit and grains are the most wholesome and rational diet for intelligent men, women and children.—N. Y. 'Ledger.'

### Hot Water For a Cough.

A sudden and wearing attack of coughing often needs immediate attention, especially in consumption and those chronically ill. In an emergency, that ever useful remedy, hot water, will often prove very effective. It is much better than the ordinary cough mixtures, which disorder the digestion and spoil the appetite. Water almost boiling should be sipped when the paroxysms come on. A cough resulting from irritation is relieved by hot water through the promotion of secretion, which moistens the irritated surfaces. Hot water also promotes expectoration, and so relieves the dry cough.—'Popular Science News.'

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