

HOUSEHOLD.

Sterilized Milk.

Sterilized milk in families where there are young children, has become about as necessary as wholesome bread and meat for grown folks. It does not require any particular skill or any elaborate appliance to put milk in a condition that will make it incapable of injuring the little one. The 'American Agriculturist' says: A simple way of sterilizing milk in small quantities for young children was recently described by the United States Department of Agriculture. The apparatus consists of an ordinary tin bucket in which is placed an inverted pie pan with perforated bottom. This bucket is partially filled with water. Vessels containing the milk are placed in this water, resting on the inverted pie pan. These may be glass bottles or small fruit jars, the mouths of which are closed with clean cotton. A thermometer is inserted in the water through the lid of the bucket. Sufficient water must be used to reach a little above the milk in the bottles, but no higher. When the apparatus is ready, heat it on a stove or range until a temperature of 155 degrees Fahrenheit is reached. Then remove from the stove and keep tightly covered for one-half hour. At the end of this time the bottles are removed from the water, and kept in a cold place. The milk can be used at any time. A hole must be punched in the covering of the bucket to allow the steam to escape. An ordinary dairy thermometer will answer for determining the temperature. Do not heat higher than 155 degrees, or the milk will be injured.—Presbyterian Banner.

Truthfulness in Children

Many falsehoods of children are the products of fear. Tact and patience in dealing with their faults would save nearly all occasions for this class of untruths. The dread of severe punishment makes many a timid child deny with the hope of covering up some accident or piece of mischief.

In passing I would say that no punishment should ever be administered for an accident unless the accident is a result of mischief or of forbidden conduct. Then the child should be made to understand that the punishment is not for the broken china or the ruined garments, but for the conduct that brought about these unfortunate results.

Your little daughter, in trying to help you, has broken a choice piece of china. Perhaps you have not only scolded her, but slapped her. Some other day she is dusting the parlor and breaks a vase. Her nerves are shaken by the accident just as your own would be. Then she remembers the broken dish and the persecution that followed it. For undeserved punishment is persecution.

Now she is in trouble. No one saw her do it. In her fright and agitation she is tempted to leave the vase lie and say the baby was in the room and must have done it. If when a child, in trying to be helpful, drops a glass or falls with his basket of eggs, it can do no good to fly to pieces. Better remember that no dish or basket of eggs can make it worth while to hurt the child's feelings and let your own temper loose.

It will do much more good to sympathize with the child, and show your appreciation of the work he was trying to do, and your regret for the accident, but no reproach. With such treatment the little one would scarcely think of denying his actions.—Caudace Smith, in 'Christian Oracle.'

Sunshine.

If the kitchen windows are sunny, fastening the shade-rollers to position a few inches below the lower edge of the window casing across the top allows the hot air and odors from cooking to escape by lowering the top sash, while at the same time the shade can be drawn down so as to shut out the sunshine. In no other room or way have I any encouragement for shutting the fullest daylight out of the rooms in constant use, except in the middle of oppressive summer days. Certainly not in those

occupied by delicate persons and little children. Sunshine is a wonderful tonic as well as an invariable disinfectant and purifier. The best cure and preventive of nervous depression, the great menace to the lives of country as well as city housewives, is warm, glowing sunshine. Do not shut it out of a single room by any fixed arrangement of draperies; for fear of fading carpets and upholstery, or from habit, however deep-rooted and grounded. 'It is never too late to mend.' Turn a square corner, and for the greater part of every day coax the sunshine to enter and penetrate to the furthest corner of every room.—N. Y. 'Observer.'

House Cleaning Hints.

No matter how neat the housekeeper is, nor how well she looks after every part of the house, a thorough cleaning is necessary every spring and fall, and she will do well to learn the best and easiest method of doing the work. System, method and planning will help one wonderfully. We are often advised to clean only one room at a time, and this plan is a very good one when there is no painting or paper hanging to be done; but if a man is hired for such work, that plan is scarcely practicable.

The attic closets, cupboards, trunks and drawers may be put in order before the general work begins. If there are any small holes in the plastering of the closets, mix a little plaster of Paris with enough water to make a stiff dough and press it into the cracks with a putty-knife. Mix just what you will use at one time, for it hardens in a little time and is then useless. All winter clothing can be stowed away in boxes or bags for the summer. Wash the floors and woodwork with a strong solution of borax and water to remove any moth eggs that have been deposited there, and make the air of the closet pure and wholesome. This preparatory work can be done whenever you have a few leisure hours, and will be a great help to you when you begin the hard work.

Every bed should be taken down, the slats and all inner portions thoroughly dusted and washed. If you have been troubled with bedbugs heretofore, mix one-half pint of alcohol, one-half pint of turpentine, and one ounce of corrosive sublimate, and, when the latter has dissolved, pour a little of the mixture in a machine oil can and apply it to the parts where the bugs are usually found. The corrosive sublimate is a deadly poison, and one must be careful that it is kept where children cannot reach it. Strong alum water is also recommended for bedbugs, and is much safer to have about.

Never use straw under carpets. The dirt sifts through it and cannot be swept out, so accumulates from week to week. If papers are used a great deal of dirt is removed in the daily sweeping. When the carpet and papers are taken up sprinkle the floor with moist earth, and you can sweep it without raising much dust.

The best use for matting that is almost worn out is to put it under a carpet.

Clean the leather seats of chairs with a sponge dipped in the white of an egg. The appearance of old furniture is wonderfully improved by cleaning the woodwork with hot suds, sandpaper the rough places, and apply a coat of good varnish. Clean gilded picture frames by applying alcohol with a small camel's hair brush or rub with a sponge wrung from alcohol.—New York 'Weekly.'

Selected Recipes.

Beef Stew.—The term stew has a wide range, reaching from the savory concoction of the French cooks, to the greasy, dubious compound served under that appellation at second-rate boarding houses. Now a stew if properly made, is both palatable and nutritious, requiring, to make it well, a little extra care, but so does everything that is worth doing, and it is far better to be a good plain cook, than to make more elaborate dishes indifferently. So much by way of preface to stew-making.

For a beef stew, choose a piece from the boulder or the round, and cut into cubes about an inch square. Put these into a pot without any water, and stir about till the meat is well seared, the object being to harden the exterior of it, so that during the

subsequent boiling, the juices will not escape. Now add sufficient boiling water to cover, an onion cut up, and a small carrot cut into dice. Stew gently for two hours, or until the meat is cooked enough to allow a fork to penetrate it easily, having added when half done, salt. Before taking from the fire, throw in a little chopped parsley, and thicken with flour. To the majority of tastes, the stew is greatly improved by the addition of curry, which is best done by mixing it with the flour, before adding the water for thickening. No exact rule as to the amount to use can be given, but the housewife must be guided by the preference of her family, according as they like a more or less pronounced taste of curry. Another improvement to the stew which is recommended, is to quarter potatoes, and lay them in to cook with the meat about twenty minutes before it is done. Try this stew, and see if the children will not enjoy it especially if permitted a liberal allowance of gravy.—New York 'Observer.'

THE BEST WHITE SAUCE.

A perfect white sauce is made as follows: Take an ounce and a half of butter and a scant tablespoonful of flour, mix both with a spoon into a paste; when smooth add half a pint of warm milk; a small teaspoonful of salt and a little white pepper; set it on the fire till it boils, and is thick enough to mark the back of the spoon transparently; then add a squeeze of lemon juice and another ounce and a half of fresh butter; stir this till quite blended. This sauce is the foundation for many others, and, for some purposes, the beaten yolk of an egg is introduced, when just off the boil. Capers may be added to it, or chopped mushrooms, or chopped celery, or oysters. The object of adding the second butter is because boiling takes away the flavor of butter; by stirring half of it in, without boiling, you retain it.

A NEW TOAST.

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

FACTS ABOUT MACARONI.

Macaroni is accepted as the name of only one form of comestible which in Italy assumes countless agreeable shapes and which, although all made from the same material, i.e., 'hard wheat,' with very slight modifications—are very different in taste, and if cooked in the proper manner will produce many very good dishes, which only require to be known to be appreciated. Washing macaroni is unnecessary, putting it to cook in cold water is a blunder, soaking it is a crime.

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