

HOUSEHOLD.

Brain Nourishment.

A correspondent of the 'Housekeeper' says: It seems to me too many offer suggestions for the easing of tired muscles, and too few have anything to say about tired brains. Every woman, and particularly every mother, owes it to herself and family that her brain be furnished nourishment as regularly as her stomach. People who think it as necessary to provide for reading as it is for food and clothing, would be surprised if they could go out through the country and see how many homes there are where books and magazines are not found. In many cases if the women in these homes were urged to subscribe for some periodical, they would reply, 'Oh, I would never find time to read if I did take it.' There is no doubt but that if a woman really wants to read, she will find at least a few moments each day to devote to her book or paper. A little systematic planning will give you at least fifteen minutes a day, and much can be accomplished in that time if you keep it up for a year. While I do not advocate cast-iron rules in housekeeping, I do know by experience that one-half more work can be done in a given length of time if it has been properly planned. Each day the housewife should do something as a relaxation for the mind. If she does not care for reading, or if that tires her more than it rests her, she should take a short walk, or call on a friend, or in some way take her mind off the old routine of work. She would be much brighter for so doing, and her brightness would be reflected over the entire family. Remember that it takes but very little sunshine to make a rainbow.

At The Front Door.

A hard lesson for farmers to learn is that there is a money value in beauty. A horse, a farm, anything that is made as beautiful of its kind as can be, will always sell better than it would if there was no beauty. They say they have no time for nicely kept lawns, choice clumps of trees and fine flower beds, when, in reality, they cannot afford not to surround themselves with such objects of beauty. Not only do they fail to take advantage of nature's work in their behalf, but they relentlessly do all in their power to retard her efforts. I can remember when I longed for a door yard with flowers, where horses, calves and pigs could not intrude. Our yard, faulty as it was, was better than many others around us, because it had no wood-pile just outside the front gate, with a large iron kettle swung beside it because it was handy to the wood. Neither was there a pig-pen beside the front gate. But, oh, it was such a bitter grief to me when old Tom tangled himself in my honeysuckle and tore it up by the roots! There was nothing to be done about it. My beautiful flower was ruined, but the horse had only done what he was given a good chance to do. The day of those sorrows is past. Now a neat fence protects me and mine, I revel in green grass and flowers, my trees are not broken off, and my shrubbery grows unmolested. I am foolish about such things, I suppose, but I really do not like to see them hurt. I presume men never realize how it hurts a woman not to have a door yard for herself; a bit of ground where she can plant her favorite flowers. There is a good business ahead for the landscape gardener who can lecture on the subject of home adornment and the money value of beauty. Such a course of lectures should be a part of the school education of every child.—'Housekeeper.'

The tendency of the feverish life of the present day is to develop precocity in children, whose characters are apt to be forced by a kind of hothouse growth rather than steadily and sturdily matured under harder conditions of free outdoor life. Superintendent Maxwell, of the Brooklyn Board of Education, in a recent circular to parents and teachers, utters some timely advice on this point. Children, he says, should spend not less than two hours every day in the open air, and at least twenty minutes every day in practicing at home the gymnastic exercises they learn at school. He urges that children should not be allowed to attend so-

cial parties or public meetings on evenings preceding school days, and that they should spend in sleep not less than nine, and, if possible, ten hours out of every twenty-four. Superintendent Maxwell mentions, among exercises injurious to health, study before the partaking of food in the morning, the rapid reading of lessons just before the beginning of a school session, study immediately after the close of school, and study immediately after eating a hearty meal. These counsels are themselves worthy of study. American children as it is grow old far too rapidly. They know too much for their years or for their physical strength. 'Make haste slowly,' is a good motto for budding youth to keep before its eyes. — N.Y. 'Observer.'

Sardine Sandwiches. — Buy only a good brand, and such are always small. A large sardine is not a sardine; but some other fish used under that name. Lightly scrape the skin, cut off the tail and split, taking out the backbone. If the halves are in good shape lay them on thin slices of whole-wheat flour bread and butter, and spread evenly with a layer of freshly prepared horseradish, covering with another slice. If the fish is broken or a paste is preferred, work the fish and horseradish together to a paste, and spread on the bread. If you have no horseradish make a paste of the fish, lemon juice and a dash of cayenne pepper. The sandwiches may be cut into fanciful shapes and served on a plate garnished with lettuce.—'Housekeeper.'

Chopped Pickles.—Chop fine one peck of green tomatoes, three onions and three peppers. Sprinkle over this one large cupful of salt, and let it stand twenty-four hours. Drain thoroughly, as described above, and cook fifteen minutes in one quart of vinegar and one quart of water. Drain again. Take two quarts of vinegar, two pounds of brown sugar, one-quarter pound yellow mustard seed, one table-spoonful each of ground cinnamon, ground cloves, ground mustard and ground ginger. To this add the chopped pickle, and cook at least one-half hour. This is excellent with veal stew or any boiled meat.

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All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'

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