

HOUSEHOLD.

Extravagance and Economy.

There are two rocks on which the inexperienced housekeeper is apt to wreck herself; and these are—extravagance on the one hand, and false economy on the other. The first is generally the result of ignorance as to the relative value of things and also the quantities needed, and the latter comes from a laudable endeavor to keep the bills low, and be strictly economical; but to buy cheap and nasty things, that turn out badly, or that people cannot eat, is simply another form of waste and extravagance.

It is no saving to buy rank butter, and eggs every second one of which is either downright bad, or so musty that it ruins any dish however daintily prepared; and cheap coals, that burn to waste in half the usual time and make untold dirt, are not economical.

The same may be said, even more emphatically, of meat that is half bone and gristle, or so tough that it ruins the digestion (and thereby often the temper) of the luckless people who have to eat it.

Quality and not quantity is better in the end, and more satisfactory in every way; all the same, it must be remembered that some discrimination should be used and a little trouble taken in choosing and buying things. The prices of provisions, like other goods, vary very much with different localities, owing to the high rents paid for shops in some neighborhoods and the consequent profits they have to make on their stock.

It is absurd to pay half as much again for an article that is not really superior, simply because it happens to be sold at the shop nearest to you, and saves the trouble of going a little farther; on the other hand, it is equally absurd to pay ten cents or more for car fares to save two cents on something by going to stores far away.

Perfumed Beds.

While many a housewife has made it her habit to lay away the bed linen in lavender scented closets, it was not until recently that the perfumed pad invaded the bed itself. This pad is a thin quilted affair, which has one layer of cotton plentifully besprinkled with the favorite scent—either rose, lavender or violet—in a sachet powder. From time to time the powder is renewed around the edges. The pad is laid between the mattress and the lower sheet.

Pillows are also opened at the corners and sachet powder shaken into the feathers. Those who are fond of the smell of pine woods gather pine needles during the summer and use them about the wide hems of the pads and pillows, making special little sacks for the needles and filling them in flat.

Air, Sunshine and Health.

A city merchant noticed, in the progress of years, that each successive bookkeeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear room where the books were kept, opened on a back yard, so surrounded by high walls that no sunshine came into it from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

To take another case. A whole family became ill, and all remedies seemed to fail of their usual results, when accidentally a window-glass of the family room was broken, in cold weather. It was not repaired, and forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window-pane should not be replaced.

A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length Dupeyren, the Napoleon of physic, was

consulted. He noticed that she lived in a dim room, into which the sun never shone, the house being situated in one of the narrow streets, or, rather, lanes of Paris. He at once ordered more airy and cheerful apartments, and all her complaints vanished.

The lungs of a dog become tuberculated (consumptive) in a few weeks if kept confined in a dark cellar. The most common plant grows weak and pale and unattractive if no sunlight falls upon it. The greatest medical men regard sunshine and pure air as equal agents in restoring and maintaining health.

Kitchen Help.

A woman should have all the appliances that will really lighten the labor in her kitchen. Many of these things are inexpensive, and any one who has a little ingenuity can arrange them.

Perhaps you cannot afford one of the very convenient kitchen cabinets that are so widely advertised, but a set of bracket shelves, securely fastened to the wall above the flour chest is a boon to the housewife who must go back and forth from the pantry to the kitchen with every cupful of flour or teaspoonful of salt or so she uses.

Celery Cream a Good White Soup.

Celery cream is a most delicious and little known white soup. Have some good veal stock, or the water in which chickens have been boiled, reduced until it is rich enough, will do, or some very rich mutton broth, but either of the former is preferable; then put on half a cup of rice in a pint of rich milk, and grate into it the white part and root of two heads of celery. Let the rice milk cook very slowly at the back of the range, adding more milk before it gets at all stiff; when tender enough to mash through a coarse sieve or fine colander add to it the stock, which must have been strained and be quite free from sediment. Season with salt and a little white pepper or cayenne. Boil all together gently for a few minutes. It should look like rich cream, and be strongly flavored with celery. This recipe will make about three pints of soup.

It should be remembered that in making cream of spinach soup no water is added to the spinach when it is put on to be cooked. It should be washed thoroughly, and not

'CENTURY' EDITOR'S TRIBUTE.

Public Responsibility.

The people are responsible for newspaper sensationalism.

One of the best tests you can find of the moral calibre of a periodical is in the character of its advertising. By the sense of responsibility shown in the advertisements admitted you may not be able to discern the religious denunciation, but you can gauge correctly the moral grade of the proprietor. That the public mind is vulgarized by the swash served in the sensational papers is certain, and it is to be hoped that there will soon be a reaction.

Just what degree of excellence in journalism the public are prepared for is a question. It is perhaps not to be expected that people without culture will show fine taste and discrimination, but at the same time we know very well that some of the best literature has the widest circulation. One would think from this evidence that there is opportunity.

From PROF. GEIKIE,
Dean of Trinity Medical College.

Holyrood Villa,
Toronto.

I enjoy the 'Witness' very much and prize it highly. The 'Witness' does its duty fully at all events. I have read the paper from my boyhood and my father took it from the first. I shall take it while I live.

Yours faithfully,
WALTER B. GEIKIE.

for the best in newspapers. The people have the notion that "a one cent crime is no sin." Readers ought to realize that they themselves are largely responsible for the sensationalism of the daily papers. They can't put all the blame on the speculative proprietors with their rotary presses and cheap processes. If readers are self-indulgent and willing to gratify curiosity by patronizing and helping support the more trashy publications the moral responsibility rests on them as well as on the owners. Publishers will furnish better papers if readers refuse to buy poor ones.

We need not carry the sense of responsibility to the point of morbidity, but we should feel and act accordingly. Upon the public rests the duty of selection.—Interview with Richard Watson Gilder, editor of the 'Century Magazine,' New York, as reported in 'The Outlook.'

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