

# HOUSEHOLD.

## A Choice of Sweets.

(By Mrs. D. H. R. Goodale.)

'A made dessert' is often a stumbling-block and rock of offense to the young house-keeper, who knows only too well that though Bridget may produce a pudding or a pie with an air of triumph, yet it is sure to be a coarse, heavy affair, not in the least like anything that she herself would choose for her own dainty table. In the unobservant days of maidenhood she had only the vaguest notion of the composition of those airy trifles, eaten with thoughtless satisfaction; but now she puzzles her brain with seeking to reduce to its original elements every attractive morsel that she tastes. The mysteries of dessert-making are not very formidable, and the charming young mistress will find the required manipulation better suited to her once light fingers than to those of the average plain cook. With explicit directions for the preparation of a little list of favorite sweets, each in its way somewhat typical, a very little practice will enable her to take pleasure in her own skill, and to offer its results with perfect confidence. Indifference is the chief obstacle to profiting by the experience of others. These contributions are therefore submitted to the eager domestic student with cordial assurance.

**Bavarian Cream.**—Next to frozen creams and ices, the creams made with gelatin form the lightest and most elegant of made desserts. As they may be moulded in ornamental shapes and colored to please the fancy, they give room for considerable exercise of decorative skill and taste, while at the same time they are quite as pleasing to the palate as to the eye. It is well, therefore, to learn all about making this class of creams. A few general ideas must be kept in mind. The gelatin is always to be softened by soaking first in cold water or other liquid, then dissolved by the action of heat. The amount of gelatin required is less in cold weather and also when eggs are used. Two ounces, or half the usual four-ounce box to a quart of liquid is a safe general rule, but often this is more than necessary, and while too little has disagreeable consequences in furnishing a custard that fails to retain its proper shape, too much produces a slight toughness which is equally undesirable.

For a plain cream, soak the gelatin for half an hour in half a cup of cold water. Dissolve a cup of sugar in a pint of milk, add the gelatin, bring all to a boil and strain, flavoring to taste with vanilla or other extract. When partially cooled mix with a pint of whipped cream and mould. Some cooks add two well-beaten eggs stirred into the milk when near the boiling point.

To the pint of milk put two tablets of Baker's chocolate, scraped or grated, and stir until perfectly smooth, then proceed as before and you have a fine chocolate cream. Use fruit juice in place of milk, squeezed oranges or the strained syrup from peaches or pineapple and you have a delightful fruit cream. Combinations and variations are numberless. As has been said by one of our modern enthusiasts in fine cookery: 'In cookery we learn the eternal principles and each one composes according as he (or she) has more or less imagination.'—N. Y. Independent.

## Bashfulness.

Writing on this subject in the 'Household,' Clara S. Everts says: 'Mothers of children who are bashful deplore the fact and the awkwardness that is its outgrowth, yet most of them would deny that bashfulness is as often an acquired fault as it is a natural one.

'Bashfulness is the result of self-consciousness. Bashful persons, whether they realize it or not, are constantly thinking of themselves, their appearance, manner or actions; and how they are regarded by others.

'The great majority of children are not naturally self-conscious; but it is taught them as they grow, "here a little and there a little."

'Who of us has not reproved a child somewhat similar to the following:

"Why did you do so and so before Mrs.

Smith? What will she think of you? Can I never teach you that you are not to do such and such things when any one is here? I was so mortified. I hardly knew what to do. Will you never learn that you must not talk in that way before company?"

'The thought that people are—as we are led to suppose—watching and commenting on their actions makes them ill at ease, consequently awkward.

'We are, as a rule, too lax in the training of our children. We fail to notice the little defects in manner; the lapses in speech or action when alone, and rarely think of them, only as the presence of those before whom we are anxious to make a good impression makes these things, which are, in reality, of daily occurrence, appear to us in their true light.

'Children should be early and carefully taught that certain words and acts are of themselves wrong; no reference ever being made as to the presence of others, or anything of that kind.

'A child's mind should be kept as free as possible from the thought, "What will people think or say?" They will then develop naturally and freely, possessed of an easy, pleasant manner, unmarred by self-consciousness, and its unpleasant outgrowth—bashfulness.'—N. Y. Observer.

## Dust and Dusters.

(By Helen Campbell, in 'Union Signal.')

It is as a peaceful rather than malignant enemy that the housekeeper regards dust. Invidious and unconquerable she knows it to be. Day after day, week after week its forces are routed; every inch of the house is swept, every inch dusted, and the doors are closed on a scene of immaculateness. They remain closed. Nobody enters the sacred chamber where the rites have been performed. Wind does not blow, and the foot of child is stayed without that door, yet three days have not passed before the curious inquirer may detect a film; in a week, positive, defined, triumphant. It is fluff evolved from nothing and arriving it would seem from everywhere; and the housekeeper groans, for she knows that light-minded as this enemy might be counted to be, its persistence is eternal and its presence no less so.

Long ago it came to the mind of one woman how to circumvent not only fluff, but its brethren. It was a damp duster that one day suggested methods of extinction; a damp duster, note; not a wet one. Even a damp one carried possibilities of smear for delicate paint; but being used with no results save good ones, confidence grew. There had always been as little sweeping as possible; now there was next to none. Corners were brushed out, and the carpet-sweeper did the work where there were carpets. Mattings were brushed with a long hair brush and then wiped with a damp cloth wrung out till almost dry. A spoonful of ammonia in a pail of water and a cloth wrung out in the same way, was used to go over each carpet, brightening the colors and destroying the fluff. Everywhere the duster did its work; at the backs of furniture and along the baseboards and mouldings, and the results of this method were double. Not only was there a sense of purity in the air of the house, but coughs and throat irritations of one sort and another lessened for the whole family, one peculiarly subject to evils of this nature.

'I don't exactly understand why Jennie and Johnnie are so much freer than they ever were before,' said the little mother, 'but it is certain the damp dusting appears to have something to do with it. I suppose the dust flew about and kept their throats tickling.'

There was another reason deeper than any then known. Since that duster began its work a new realm has opened; one invisible to the ordinary eye, and telling its fullest story only to the scientist who searches diligently into hidden mysteries. We know today that life lurks in these floating motes, and where population is densest may be part of every breath drawn into lungs. Bacteria are the foes we fight, and their name is legion. Consumption, fevers, all contagious diseases are represented, each by its special form, all potent and forming part of the air we must breathe.

To free this air from such accompaniment is then one part of our newly discovered duty. Hospitals have learned this, and no

hangings or upholstered furniture are allowed, while water is used constantly on bare floors, and wherever dust can lodge. But this bareness is repellant and impossible in homes, and in them we can only seek, as far as possible, to do away with the old fashion of heavy, dust-holding draperies, and to use fabrics that will repel rather than invite such lodgment as is certain with very rough surfaces.

It is with bacteria as with many other forms of life produced in numbers that stagger the imagination, countless numbers die before any lodgment has been found. Wind and other air currents do their work, and out of doors there is comparatively small chance of their being inhaled. But indoors it is different. The usual dusting by the ordinary servant, or by untrained intelligence of any description, means that the dust is simply stirred up in one place to settle in another. It may be removed from the smooth place where it had shown itself too prominently, to lodge in all the rough ones and thus store away portable disease of a dozen varieties.

## Selected Recipes.

**Baked Omelet.**—Heat three cupfuls of milk, melting in it a bit of butter the size of a walnut. Beat well together five eggs, one tablespoonful of flour and a scant teaspoonful of salt, and add to the hot milk, stirring as rapidly as possible. Turn into a hot, well-buttered frying pan and bake in a quick oven one-quarter of an hour.

**Creamed Fish.**—Take cold boiled fish, remove bones, flake it, mince a few sprigs of water cress or parsley, cover with sweet milk, scald and season with salt and white pepper just before sending to the table. This is a delicate breakfast or lunch dish. Meaty fish like cod, halibut, and salmon require strong seasoning.

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