

## HOUSEHOLD.

## ADVERTISEMENTS.

## Air and Light in Bedrooms.

Air and light in bedrooms are essential to health. Yet a great many people seem to be of the opinion that both should be excluded as much as possible, especially during all the hours of sleep. Night air is considered by some as quite unwholesome, yet night air is all we have at night to breathe.

If our bedrooms were constructed to sleep in, the questions involved as to light and air would be much easier of solution than they are. There would be in the architectural plan of the bedroom a place for the bed, out of draughts, and so that the eyes could not open directly on a window. The free admission of air and light would be provided for, so that if one were compelled to occupy the bed all day no inconvenience would follow to the eyes or the lungs; but as average houses are built the bedrooms are as suitable for sitting-rooms as for sleeping-rooms, and in many bedrooms there is no suitable place for a bed.

But, however domestic architecture may be at fault, the ingenious housekeeper will contrive a way of making the best of her advantages and of turning disadvantages to profit. Draughts of air may be kept from the sleeper by curtains properly disposed about the bed, and screens may be so placed with respect to windows so as to protect the eyes from the light without excluding the air. If light in the room interferes with sleep, a thin silk handkerchief of some dark tint tied over the eyes will shield them from the light and not interfere with the comfort of the sleeper. This last method was tried by a lady who found it impossible to sleep after the dawning of the day. To prevent waking at this hour, she was accustomed to close her shutters tightly before going to sleep. This, of course, excluded air as well as light, and her sleep was heavy and unrefreshing. A thin, dark silk bandage over her eyes, sufficed to protect them from the light, and permitted her to keep her shutters wide open. Then her sleep was refreshing.

It is difficult to have too much air and sunshine in bedrooms when the beds are tenantless. The beds should be opened freely, and so left till thoroughly aired. It is not the neat housekeeper who has all her beds made as soon as the sleepers are out of them. Robes worn at night should be hung up during the day where the air can have free access to them; not folded and laid under the pillow or in a case made for the purpose. Such part of 'our dead selves' as we leave absorbed in the bed-clothes and in garments worn during sleep, air and sunshine will, if permitted, remove to a great extent, and give us to lie down at night to pleasant dreams. — N. Y. Christian Advocate.

## The Mother's Power.

Many a man of world-wide renown looks back to some uneducated but sweet-hearted, loving woman as the one who gave him the most real aid and incentive to become good. In quiet, secluded homes, under the training of hands made skilful by loving sympathy, have grown many human souls, developed through love for grand places of responsibility. So the mother who to-day is shut out from great libraries, who cannot obtain the latest scientific books on child-culture, need not despair, for the little, loving, living child is hers to study, and the child-heart will respond to her loving guidance, the aspirations be led heavenwards by her prayers and sweet bedtime stories, and the strongest bonds to right living be woven by the sweet, unselfish mother-love that works not for to-day but for all time.—Dr. Mary Wood-Allen.

## Cooking and Carving a Ham.

This is 'The Ladies' Home Ideal' rule for cooking and carving a ham: Soak for a day in tepid water, then place in a large saucepan with sufficient water to cover it. Add two blades of mace, half a dozen cloves, five long peppers, and three bay leaves. Simmer gently, allowing twenty minutes for every pound. When cooked, remove the pan from the fire and leave the meat in it until cold. Take up the ham, skin it, brush over with beaten egg, sprinkle brown bread-crumbs over, and set in a moderate oven to brown. Baste with the following mixture: Dissolve a tablespoonful of mustard in a gill of vinegar; add to this half a pound of pow-

dered ginger and the same quantity of powdered cloves. When brown, take up and leave until cold. If the ham is to be served whole at the table, it should be trimmed neatly, the end of the bone covered with a paper ruffle, and the dish garnished with radishes, olives and parsley. The thickest end of the ham should be at the further side of the platter. With a very sharp knife make an incision through the thickest part a little way from the smaller end. Shave off in very thin slices, cutting toward the larger end, and down to the bone at every slice. Each slice should have a portion of the fat with the crisp crust.

## Poor Girls.

The poorest girls in the world are those not taught to work. There are thousands of them. Rich parents have petted them, and they have been taught to despise labor and to depend upon others for a living, and are perfectly helpless. The most forlorn women belong to this class. It is the duty of parents to protect their daughters from this deplorable condition. They do them a great wrong if they neglect it. Every daughter should be taught to earn her own living. The rich as well as the poor require this training. The wheel of fortune rolls swiftly around; the rich are likely to become poor, and the poor rich. Skill added to labor is no disadvantage to the rich, and is indispensable to the poor. Well-to-do parents must educate their daughters to work. No reform is more imperative than this.—'Gentle-woman.'

## Neatness.

The question of dress should be important to every woman. One does not need to dress expensively, but the garments should be carefully selected and planned, and neatly made. The hair should be arranged becomingly always. There are foolish women who think very little of their home toilet so long as no one comes; but if there should be unexpected callers, both guest and hostess feel uncomfortable. The housewife should brush her hair nicely upon arising in the morning, and put on a clean dress, clean apron and fresh necktie; then she will be neat and tidy when her friends appear, even though not dressed up, and there will be no annoyance. There is no one who would enjoy seeing us look nicely more than the folks at home, and their opinion should be of greater importance than anyone else's.—Rhoda Thayer.

## Quick Breakfast.

An economy of time in preparing breakfast may be effected by doing as much of the work as is practical on the evening before. The table can be neatly set and covered with a clean linen cloth, to protect the dishes from the dust, the coffee can be



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ground, mixed with egg, and placed in the urn, the meat sliced and laid in the frying-pan, ready to cook, and the potatoes ready. Delicious and healthful pancakes can be made of graham flour, raised over night, as you do for buckwheat cakes. This, with the addition of fruit, or of apple-pie or mince pie, warmed, provides a hearty breakfast with very little labor. Indeed, it almost seems to get itself, a fact which will be appreciated by the tired mother, with little ones to dress or get ready for school.—'Minneapolis Housekeeper.'

## Messenger Growth.

Thanks to our many friends, the 'Messenger' subscriptions are pouring in, and the circulation continues to grow rapidly. Last week's receipts were about 25 percent in advance of the receipts of the same week last year. This is the best time to work up clubs. Study the Premium List carefully, then get to work.

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