

## HOUSEHOLD.

## Borax a Non-Poisonous Remedy.

A simple domestic remedy is borax. My mother kept a solution of salt water and borax constantly on hand, and if the slightest irritation or sore throat developed among us, she had us gargle three times a day and lave our mouths and tonsils freely. Our good health and freedom from fevers and contagious diseases was owing, in part, no doubt, to its use, says the editor of the 'Phrenological Magazine.'

In the case of a burn, we wet cloths, dipped in a strong solution of borax water, and were very careful to exclude the air in putting them off and on. It is very cooling and healing and a child does not rebel against it as with some remedies. One thing in its favor in using it among children is, it is so harmless, while other gargles with carbolic acid are often taken by mistake, and cause great distress. I often think if every young mother only knew of its virtues she would be thankful and, having once adopted it, would never give it up. As a disinfectant it is excellent. One should keep it on the kitchen shelf.

If you awaken in the night coughing and cannot sleep, get a small portion of powdered borax and place on your tongue and let it slowly dissolve and it will almost instantly stop the cough, as it will also relieve an ulcer in the throat. Our great singers use it to aid them in keeping the throat in health. Water will dissolve only a certain amount of borax and so all one needs to do is to put a quantity into a pint or quart bottle and pour on water. What cannot be dissolved sinks to the bottom and when the solution is gone add more water. Use it full strength.—Boston Transcript.

## Outdoor Lunch for Children.

The strawberry month is a good time to give the children an outdoor lunch or a picnic supper on the lawn or piazza. Even the back yard of a city house will give far more pleasure and variety for such an occasion than if the same thing was given indoors, especially if the yard be well grassed over. But the child whose home is in the country has by far the best time of it in the way of picnic lunches.

It is not wise to give children anything but the most simple fare at such times, for they are sure to eat more than they would at a regular meal. Buttered biscuits, with a few crushed strawberries between, pink lemonade and cookies are all that is needed and, if with this strawberry ice-cream is also served, it is a veritable feast for them.

Purchase as many wooden plates from your grocer as needed, and use in place of china. They may be had by the dozen, and are quite inexpensive. Have pretty little fringed doilies of white tissue paper for the plates to rest on, and pile the cookies in the little splint baskets in which strawberries are sold, lining it first with one of the fringed paper doilies.—'Household.'

## Suggestions Worth Trying.

A raw potato will remove mud marks from black clothes. It should be cut in half and rubbed on the marks.

When washing dishes which have held milk, rinse them out with cold water before placing them in hot water.

The odor of cloves is very unpleasant to red ants. If whole cloves are scattered in the places where the ants are found, they will disappear.

Soiled photographs may be cleansed by sponging with clear cold water. The cardboard-mounts should be cleaned by rubbing with dry bread.

Old kid gloves are useful for many purposes. If worn when ironing they will preserve the hands and render them less likely to become sore.

Ink stains may be removed from linen by putting melted tallow on the mark and then washing the article. The ink and the grease will come out together.

Yellow stains left by machine oil on white material may be removed by rubbing the spot with a cloth wet with ammonia, before washing with soap.

To clean plates and bowls which are thor-

oughly saturated with grease, let them stand for two or three hours in hot water to which lye has been added.

The French method of making gravy with roast meats is to baste the roast repeatedly with butter. The resultant rich juices are neither thickened nor strained.

Damp has a great deal to do with the prevalence of moths in many houses. When the floors are washed the carpets should never be put down until the boards are perfectly dry.

If, when making gingerbread, molasses cookies or ginger-snaps, the molasses, soda, butter and ginger are cooked together until the mixture just escapes candying, and then cooled before adding the egg and flour, the result will be much more delicate and satisfactory.—'North-Western Christian Advocate.'

## Useless Wasting of Strength.

If women only knew it, they waste a great deal of strength by undue expenditure of emotion on small occasions. Part of the training of our young girls should be along lines of self-repression, in the way of the quiet manner, the restrained speech, the tranquil expression of face and the reposeful carriage of the body. A young husband, accustomed to the calm gentleness of a mother who might easily have been mistaken for a friend, so silent and dignified was her fortitude in the presence of disasters, so equal was she to every emergency, was shocked and alarmed, not long ago, to find his idolized wife almost thrown into convulsions by a household catastrophe of some sort—something not more dreadful than the breaking of a cherished bit of china. The girl-wife came of a family whose custom it was to express themselves volubly and to fly into frantic states of mind when there was apparently little call for vehemence.

Apart from the lack of good taste here displayed, women often wear themselves out by too lavish a display of feeling. One may feel acutely without tearing passion to tatters, and it would be wise for mothers to inculcate on growing children a wholesome self-restraint.—'The Presbyterian.'

## The Importance of Breakfast

Sallie Joy White contributes to the 'Woman's Home Companion' an essentially practical article on 'The breakfast hour,' in the course of which she says: 'A teacher in one of the large city schools says that if any of her pupils complain of headache during the morning, or are peevish and hard to get along with, the first question she asks is if a proper breakfast has been eaten. If she finds it has not, she sends the pupil for a luncheon. She also advises the mothers of her pupils that when the child shows little disposition for breakfast, the mother should see that it is supplied with a luncheon to carry to school to eat at the recess period. I don't know how many housekeepers I have heard say that the meal they most dreaded was breakfast. They knew what to have for dinner, and could get up a dainty tea or appetizing luncheon, but they never knew what to get for breakfast. I always think these housekeepers either must have very little originality or must be too indolent or indifferent to think things out. There may be just as much variety in the breakfast as in any other meal.'

## Suggestions to Mothers.

Children should be accustomed as soon as possible to sleep in a dark room. Unless they have learned to be afraid of it, darkness is soothing to the nerves and the rest is more profound and refreshing than when there is the unconscious stimulation of light. It is particularly desirable for children of a nervous temperament that light should be excluded, yet it is most often the nervous, sensitive child whose imagination has been filled with fears of shapes the dark may hide. Silly tales told by cruel servants or mischievous brothers, thoughtless speeches by the elders, stories half understood and brooded over, make the kindly darkness a terror to many an unfortunate child. The mother should try by every means in her power to remove these fears. The child who is subject to them should never be forced to stay alone in the dark. Much gentle persuasion and reasoning, appeals to common sense and the example of

older persons will be necessary before they are overcome, but 'patience will conquer them at last.—'American.'

## To Have Good Teeth.

All persons, old and young, should have their teeth examined once every six months by a competent dentist. Decay will be present and tartar forming, which nothing but a thorough examination will reveal. Professional service rendered in time means high-class work, less pain and great economy. A tooth filled when decay is slight will not be sensitive, the operation not long and the filling lasting, because the operator has more and better structure to work on. He is enabled to make the walls of the cavity thicker and stronger and with slight danger of exposing the nerve, the dread and fear of all when having teeth filled. Have your teeth attended to in time. Do not procrastinate. Give the dentist good tooth-structure to work upon and he will render you excellent service. One person in a hundred has good teeth; ninety-nine persons in a hundred could have good teeth with the proper attention.—H. G. Vorhies, D.D.S., in 'Woman's Home Companion.'

## Selected Recipes.

Sponge Cake.—Beat up three eggs, one and a half-cups of sugar, add one cup flour, also one teaspoonful of baking powder in one more cup of flour, and one half-cup of cold water. Beat one minute, flavor to taste, and bake.

Delicate White Puffs.—Beat a pint of rich milk and the whites of four eggs until very light, and add, slowly beating all the while, a cupful of finely sifted flour and a scant cupful of powdered sugar and the grated peel of half a lemon. Bake in buttered tins in a very hot oven, turn out, sift powdered sugar over them and serve hot with lemon sauce.

Molasses Cookies.—To make molasses cookies—nice, fat, soft ones—put into a bowl one cup of shortening (drippings and lard), two cups of New Orleans molasses, two tablespoonfuls of boiling water and two teaspoonfuls of soda, and stir until 'bubbly.' Add half a teaspoonful of salt, a tablespoonful of ginger, a teaspoonful of cinnamon, a beaten egg and flour to roll as soft as possible. Cut out perfectly round and lift carefully with a broad-bladed knife into a floured dripping pan, being careful not to crowd them. Bake a rich brown in a moderately hot oven. When done lift out carefully and lay on a smooth surface. When cold fill a cookie jar.—N. Y. 'Tribune.'

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