

Thoroughly Cooked Food

ALL cereals should be thoroughly cooked to get the best results for food purposes. In our Canadian Agricultural Colleges they have tested the effect of cooking on the solubility of foods:

Read this table:

ROLLED OATS	P. C. Solids Soluble in Water.	WHEAT FLOUR	P. C. Solids Soluble in Water.
Time Cooked.		Time Cooked.	
Uncooked	8.43	Uncooked	6.97
30 minutes	14.95	20 minutes	37.40
2 hours	18.73	2 hours	37.19
5 hours	29.93	5 hours	38.37
8 hours	34.30	8 hours	39.33

You will notice the gradual rise in percentage due to long cooking. Very few homes are equipped to spend the time or fuel necessary to properly prepare cereals. By a system of steam pressure and heavy machinery the ORANGE MEAT people thoroughly clean and steam cook the wheat, then malt and flake each grain, after which it is dried and toasted. This produces the largest percentage of solubility; a process totally impossible in the ordinary kitchen.

HOUSEHOLD.

Household Hints.

A lump of white sugar put into the saucepan in which green vegetables are boiling will, it is said, preserve their color better than soda.

To prevent windows from steaming clean them thoroughly and apply a small quantity of glycerine over the polish with a soft cloth. Rub briskly and lightly until the glycerine is well rubbed in.

To avoid breaking or cracking glass or delicate china cup or bowl, place a silver spoon in the dish before pouring in the liquid. The

You cannot possibly have a better Cocoa than

EPPS'S

A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

COCOA

Sold by Grocers and Storekeepers in 1/2-lb. and 1-lb Tins.

COULDN'T GO TO SCHOOL

For some reason or other, and so have a very poor education. If so, write to-day for particulars about our **beginners course**, just meant for you. It starts you at the beginning in Arithmetic, Spelling, Composition, Penmanship, etc., and gives a thorough training in the most important subjects.

Commercial work, Matriculation, Mechanical Drawing, Steam Engineering, and over 150 other subjects. Ask for what you need.

Address as below to Dept. N, Toronto, Canada.



When writing to advertisers please mention the "Northern Messenger."

spoon will serve as a conductor of the heat.

Don't close the oven door with a bang when cake is baking; the jar has spoiled many a fine loaf.

A few drops of ammonia in water will take off grease from dishes; a spoonful in a quart of warm water for cleaning paint makes it look like new.

Kerosene oil and whiting mixed will remove iron rust. This combination will also clean tins perfectly, and will remove stains from porcelain baking dishes.

On the Other Side.

A happy home suddenly became sad, the light grew dark, for the joy of the whole house—baby—was dead.

In the evening the children gathered round their tearful mother; they were all sorrow-

BARAINS IN BOOKS.

- Only 15 cents each, two for 25 cents, postpaid.
1. Cook Book, 700 Recipes.
 2. Fancy Work Manual.
 3. Knitting and Lace Making.
 4. Modern Etiquette.
 5. Poultry Keeper.
 6. Family Doctor Book.
 7. Etiquette of Courtship.
 8. Home Amusements.

Useful Novelties Co., Dept. N, Toronto, Canada. 1371

Church **BELLS** Memorial Bells a Specialty
Chime Peal McSHANE BELL FOUNDRY CO., BALTIMORE, Md., U.S.A.



Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

ful, and wondering, as little ones are when such grief comes.

'Mother,' said one, 'you took care of baby when she was here, and you carried her in your arms all the time she was ill; but who took her on the other side?'

'On the other side of what, dear child?'

'On the other side of death. Who took baby on the other side? she was so little, she could not go alone?'

Then answered the mother, 'Jesus met her there—He who took little children in His arms, and blessed them; and she told them the story of Jesus, and His love for the little ones.—' Sunday Reading.'

THE NORTHERN MESSENGER.

ANNUAL SUBSCRIPTION RATES.

(Strictly in Advance).

Single Copies	\$.40 a year
Three Copies, separately addressed if desired, for	1.00 "
Four Copies, separately addressed if desired, per copy	.30
Ten Copies or more, to one address, per copy	.20 "

Four copies, separately addressed, one year for one dollar, if three are new.

Six months trial at half the above rate.

Postage included for Canada (Montreal and Suburbs excepted), Newfoundland and the British Isles; also for Bahamas, Barbados, Bermuda, British Guiana, British Honduras, British North Borneo, Ceylon, Cyprus, Falkland Islands, Fiji, Gambia, Gibraltar, Hongkong, Jamaica, Leeward Islands, Malta, Mauritius, New Zealand, Northern Nigeria, Sarawak, Seychelles, Sierra Leone, Southern Nigeria, Transvaal, Trinidad Tobago, Turk's Island and Zanzibar.

U. S. Postage 10c extra to the United States, Alaska, Hawaiian and Philippine Islands except in clubs, to one address, when each copy will be fifteen cents extra postage per annum.

Foreign Postage to all countries not named in the above list, fifty cents extra. Samples and Subscription Blanks freely and promptly sent on request.

A SPLENDID GROUP—TRY IT!

The 'Witness' For over sixty years unrivalled in the confidence of the Canadian public. Latest news, market reports, etc., financial and literary reviews, good stories, home and boys pages, queries, etc., etc. Valuable departments devoted to farming interests. A clean commercial, agricultural and home newspaper. (Send for a sample.) \$1.00 a year.

With the 'Messenger' \$1.20.

'World Wide' A weekly reprint of the best things in the world's great journals. Reflects the thought of the times. Best cartoons of the week. The busy man's paper. Nothing like it anywhere for the money. Send for a sample. \$1.50 a year.

With the 'Messenger' \$1.75.

'Canadian Pictorial' Canada's popular illustrated monthly. High grade paper, high grade pictures. Interesting to young and old alike. Many of its full page pictures suitable for framing. \$1.00 a year.

With the 'Messenger' \$1.00.

The 'Northern Messenger' speaks for itself. A favorite for over forty years, and increasingly popular. A potent influence for good.

'Weekly Witness,' 'Canadian Pictorial' and 'Northern Messenger,' one year each, \$1.70

SPECIAL FAMILY CLUB.

'Weekly Witness and Canadian Homestead'	\$ 1.00
'World Wide'	\$ 1.50
'Canadian Pictorial'	\$ 1.00
'Northern Messenger'40
Worth	\$ 3.90

All for one year, \$2.70

or the FOUR papers for FOUR months for \$1.00 anywhere in the "Postage Included" group. (See above). For U. S. or abroad, special terms quoted on clubs.

Any one of the group may be sent to a friend AS A GIFT subscription, if so marked.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall and Frederick Eugene Dougall, both of Montreal.

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