

HOUSEHOLD.

The Baby.

The baby's second summer. Every mother knows what that means. The poor little pilgrim has already found the earth a place of tears and pain. Those teeth, coming so fast, and, as they come, occasioning so much disturbance in the fragile little frame, what a source of peril and irritation they are to the babe and of anxiety to his parents!

Keep the baby in comfort. Dress him loosely, and simply, with soft, thin, woollen garments next the skin. Give him a sponge bath when he cries uneasily and fretfully. See that there is no chafing of the soft flesh, and that no pins are pricking him in unsuspected places. Let his food be properly cooked and given at regular intervals, and attend to it either yourself, or let it be prepared by a trustworthy person. Let the little one be outdoors much of the time, and if he is ill, and a physician is to be had, send for one promptly.

Frail as the life of an infant is, and quickly as the silver thread may be snapped, yet a young child rallies in a way impossible to an adult. A child very sick

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BABY'S OWN

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.'

indeed to-day may be frisking about merrily to-morrow.

Never despair of the recovery of a little one while life lasts, but do not trifle with the beginnings of disease. Prompt measures at first are often half the battle.—'Christian Globe.'

Dainty Dishes of Vegetables.

Seasonable Suggestions for the Summer Table.

'It was necessity which developed my taste for vegetable dishes,' says a woman who is noted for the excellent table she sets and the quality of her cooking, 'and it was only after some study that I was able to serve three appetizing meals a day and not have meat on the table at each. We cannot call ourselves vegetarians, but when I found the family health was not what it should be, and that the doctor laid the trouble to an overindulgence in flesh food, why, I put my wits to work, and I do not believe there is a family in the city which has a more varied table than ours, and no one would have reason to complain if the three strong men for whom I have to cater say that they are entirely satisfied to have meat only once a day.'

The trouble with most women and the bill of fare they serve to their families is that they wish to make up the menu and do the cooking "out of their own heads." It is a common weakness, but providing for a family table for at least ten months in a year is no small task, and it requires the study of receipt books and much thought to make it satisfactory and wholesome. It is marvellous how little variety there will be in a family where the mistress is an intelligent and capable woman. It all comes from carelessness, as I know from my own experience.

There are many vegetables moderate in price that we do not even think of using. One of these is the German kohlrabi, which is not so different from cauliflower or turnips, but is more delicate than the latter, and makes an agreeable change in vegetables. To cook it:

'Peel, cut in slices, and pour on just enough water to cook. Cook until tender, and when nearly done add salt. Make a cream sauce, season with white pepper, salt, and a little grated nutmeg if liked, toss them in this sauce, let it boil up once, and serve very hot. They are delicate and delicious.'

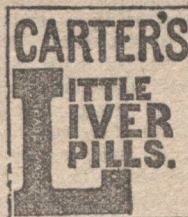
'All the members of the cabbage family are good if properly cooked. They must be boiled just long enough; a little over or under cooking will spoil them. A cabbage should have the outer leaves removed, be left in cold salted water for a time, and examined to see that it is free from insects. It must be put in a large quantity of boiling salted water, with no other ingredient, no soda, and the lid must be kept off and the scum removed from the surface of the water. Brussels sprouts take fifteen minutes to cook, and cabbage and cauliflowers fifteen to twenty-five, according to size. They must be served hot.'

'The members of the cabbage family can be served in a second-day dish or immediately baked with cheese if desired. The cabbage is first boiled and may or may not be fried brown after. It is placed in a shallow dish, and butter, the proportion of three ounces to a pound, added with a large cupful of stock of brown sauce and a salt-spoonful each of salt and pepper. It is stirred well and cheese liberally grated over the top and baked for twelve minutes. These are hearty dishes, but men usually like them.'

'Mushrooms should be used more than they are. There is a false idea that they are a dish for the rich, and they are but comparatively little known, even with all that has been said about them within the last few years. Most people only know them as they are found served at a restaurant, little tough, tasteless canned button mushrooms. They can be used in many ways, and help to give variety to the diet.'

'An onion dish with cheese is excellent. Large Spanish onions are skinned and boiled until they are quite soft, passed through a sieve, put into a shallow dish

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REFUSE SUBSTITUTES.

with butter, a good quantity of pepper and salt, with a little stock or milk, cheese is grated over them, and they are placed in the oven to bake a good brown.

There is much waste saved in cooking the pea pods, which give a good stock for the foundation to a soup, and pea croquettes are excellent. In these a little cold ham is used. The peas are beaten to a pulp, mixed with butter, pepper, and salt; the minced ham, different savory herbs to taste, made into croquettes, dipped into egg and bread crumbs, and fried in deep fat.

'After more substantial things here is a pretty delicate tomato ice salad, which is delicious. Take a can of tomatoes—or the fresh ones can be used—put them over the fire with half an onion, a slice of green pepper, if convenient, three cloves, two bay leaves, a sprig of parsley, a teaspoonful of sugar, and pepper and salt to taste. Cook about ten minutes until the onion is tender, take from the fire and press through a fine sieve to remove the seeds. When it is cold it must be frozen like a water ice in a mold, a melon being a pretty one, packed in ice and salt. It is served on a nest of young lettuce leaves, and mayonnaise dressing must be ready for individual service.'

'Many people think they cannot eat green corn, but if it is grated they will feel no unpleasant effects. Mock oysters of corn are delicious. A pint of grated corn—or the canned corn ground in a mortar, and pressed through a sieve, can be used—is mixed with a cup of flour, one egg, two ounces of butter, three tablespoonfuls of milk, and salt and pepper to taste. The oysters are dropped from a spoon into the hot fat or frying pan as much in the shape of oysters as possible and served hot with a garnishing of parsley. Corn pudding and green corn griddle cakes are delicious made of the grated corn. A curry of corn will also make a delicious luncheon dish.'—New York 'Times.'

Cleaning the Refrigerator.

Daily inspection should be given to the refrigerator and its contents. Menus should be planned which will promptly utilize the odds

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