

HOUSEHOLD.

The Thrifty Woman.

The woman who will take thought, and more especially forethought, in details of household management, may save herself much in money and in wear of nerve and muscle which is wasted by her less prudent sisters. But plan she never so wisely, she is, after all, more or less at the mercy of those uncalculating ones.

The thrifty woman does not intend when she has a letter to despatch in haste, to be hindered by lack of writing materials or the final touch of postage stamp. But what is she to do, if, on sitting down at her desk, she finds that her last guest has used her stamps and mislaid her note paper?

If the thrifty woman live in the country, far from the semi-daily grocer and the possibility of 'sending the children out' for the emergency spool of thread or bottle of paregoric, her well-stored shelves and closets invite the incursions of careless neighbors, who 'knew Mrs. C. never is out of anything.'

If she be an economist of time, and thus incur the reproach of having more leisure than usually pertains to women in her circumstances, she is the prey of the morning caller who doesn't 'mind coming here at any hour, for, as I tell people, Mrs. C. is so systematic she never seems to have any work to do;' or she is invited to contribute liberally to other people's church fairs, because she 'has plenty of time.'

Such services may be given ungrudgingly in every case; but that does not alter the fact that in the long run they represent a drain on her pocket-book and her nervous force which would not have been demanded of her but for her actual superiorities in executive matters.

But when a thrifty woman came to a philosopher, making her moan in some such words as these I have written, the philosopher said 'Well, would you rather be the other kind of woman?' And on reflection, the thrifty woman owned that, as of old, virtue is its own reward.

'But still,' she persisted, 'I do think there ought to be some kind of social adjustment by which the economist might be saved from becoming a promoter of thriftlessness in others.'—'Good Housekeeping.'

A Conversational Test.

There are persons who have no fund whatever of small talk. They are apt to glory in this fact, and prefer not to talk at all rather than carry on a surface chit-chat. At home they may be very instructive and interesting friends. Among strangers they are likely to be regarded as bores or dampers. An ability for light easy conversation is a useful commodity among summer acquaintances encountered at hotels or on excursions. This does not mean talk about the weather or gossip. It is easy enough to chat with neighbors and friends, who know our homes, our acquaintances, our tastes. But can we talk agreeably with strangers and avoid such subjects of conversation as ourselves, our diet, our theology, our domestic rivals, our beloved children? That is a conversational test. There are plenty of impersonal topics on which to exchange ideas with strangers. If you cannot find them, it is time to take yourself to task and cultivate the art of pleasing and stimulating conversation.—'Congregationalist.'

An Erect Position.

An erect position is positively necessary for good digestion and perfect health. It can only be sustained by deep breathings, strong chest muscles, and a vigorous will is of the most benefit when supported by clear understanding. Therefore give your children a simple yet comprehensive talk on the structure of the body and the composition of the bones. Impress upon their minds the great need of keeping an erect position now while their bodies are growing. Teach them, and not only teach them, but prove to them by actual exercises, how much more easily and gracefully the body folds itself together

when we stoop to pick anything up, or when we sit, and how unnecessary it is to bend the shoulders at all. Teach them in walking to hold up the chin, and to look square ahead. Whenever it is possible, awake in your children that innate pride which instinctively associates the stooped form with sluggishness and inactivity.—New York

Polish.

There is a simple mixture of kerosene and linseed oil, two parts of kerosene to one of linseed oil, which makes the best furniture polish that has come to my notice. This should only be mixed a little at a time. Some use turpentine, but this is not nearly so trustworthy, as it will dull instead of brighten the polish in time. After the piece of furniture to be treated has been well dusted, take a soft piece of flannel, and dip it in the preparation; rub a small surface of woodwork, and then take another small surface, allowing the first to stand while this is being done; then take a clean flannel, and rub until the polish shines to suit you. This will leave a polish brilliant and beautiful. If this polishing takes place occasionally, the furniture may be kept looking like new for an almost indefinite time; indeed, I might say indefinitely, if it is all of wood. Be sure the rags are absolutely clean and free from dust; the same ones may be used, and washed to use again as long as they last.

Selected Recipes.

Rice Snowballs.—Boil half a cup of rice in milk until tender and quite dry, then turn into small cups (that have been wet in cold water) and set aside to cool. When cold and firm, turn out on a glass dish, put a spoonful of red currant jelly on the top of each and pour around them a rich custard.

Grandma's Doughnuts.—One egg beaten light, one cup of sugar and a little salt, one cup sour milk sweetened with one teaspoon soda, four and one-half teaspoons melted lard; mix with flour to make a stiff dough. Fry in hot lard and dust with cinnamon and sugar.

Northern Messenger Mail Bag

Elcho.

Kind Sirs,—I write to inform you that I received the 'Bagster Bible,' which I got, in return for getting up a club of four subscribers, and was very much pleased with it. Thanking you for the same, I remain yours truly,
WILLIAM BEAMER.

Westover, Ont.

Dear Sirs,—I have received your 'Bagster's Bible,' which was sent to me as a premium, and I think it a very nice one. I hope that others will receive as nice a one. I have received the sample package also, which I am going to distribute. I always enjoy reading the 'Northern Messenger' and think it a very nice paper. Yours truly,
LAUN HUNTER.

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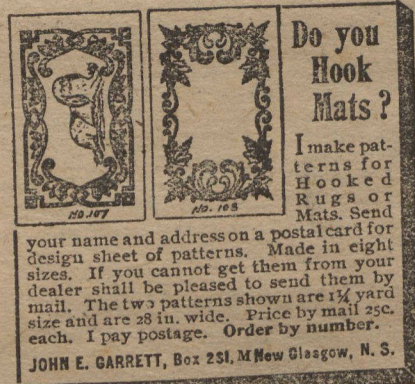
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