

bust, your lungs play freely, the vital heat is sustained, and even a draught becomes exhilarating. All through the day remember to have a small chink open at the tops of your windows; or, better still, raise the lower sash, close the opening beneath with a piece of wood fitting closely, and so the air will enter at the junction of the sashes and pass upward without draught.

All food experts agree that carrots are a valuable food, and are seen too seldom on the average table. If the family refuse stewed carrots try carrot croquettes, after a New York cooking school receipt. A dozen small croquettes can be made from four large carrots. Boil them till tender, drain, and rub through a sieve. Add one cupful of thick white sauce (using for it two heaping teaspoonfuls of flour), mix, season highly, and when cold and firm, shape and finish as for other croquettes.

Selected Recipes.

HASHED POTATOES.—Pare 3 large potatoes and cut into dice. Put a tablespoonful of butter into a fryingpan, let melt, add a tablespoonful of flour. Mix until smooth. Pour in half a pint of milk, stir until it boils, season with salt and pepper. But a layer of this sauce in the bottom of a baking dish, then a layer of potatoes; sprinkle with chopped parsley, salt, pepper and a little minced onion, with another layer of sauce. Sprinkle the top with grated bread crumbs and set in the oven to bake half an hour. Serve hot.

CUSTARD SOUFFLE PUDDING.—Two scant tablespoonfuls butter, 2 tablespoonfuls flour, 2 tablespoonfuls sugar, 1 cup milk, 5 eggs. Let the milk boil. Stir together the flour and butter and add gradually to the boiling milk. Cook 8 minutes, stirring often. Beat sugar and yolks of eggs together, add to the cooked mixture and set away to cool. Just before you bake, add whites of eggs beaten to a stiff froth. Stir through lightly. Bake in a buttered dish 20 minutes in moderate oven. Use with vanilla clear sauce, made as follows. One-half pint water, 1 tablespoon flour, 1 tablespoon butter, 1 tablespoon vinegar, half cup sugar. Cream butter and flour and stir into water; boil; add vinegar, teaspoon vanilla and sugar.

OUR MAIL BAG.

Vancouver, B.C., Jan. 18.
Dear Sirs,—I often receive much strength and encouragement through the reading of your department in the 'Witness.' The paper is on file in the Carnegie Public Library here. Yours respectfully,

A CHRISTIAN BROTHER.

Lawrencetown, N. S., Jan. 16.
Gentlemen,—I congratulate you on the success of your paper. I have been a reader of the 'Witness' for a number of years, and have always admired its courageous and conscientious stand in regard to moral, religious and political questions of the day. I have always found its news clean and well selected. Yours truly,

GEORGE G. HAWKINS.

St. Martin's, N.B., Jan. 23.
Dear Sirs,—You will find inclosed renewal for self and some neighbors. I would also like to add my humble word to the many congratulatory messages you are receiving on the occasion of your Diamond Jubilee. I may say the 'Weekly Witness' and 'Messenger' are among my earliest reading, and since our marriage, seventeen years ago, we have considered them among the indispensables at our own fireside. I may also say that I believe the fact that I have always been a total abstainer is largely due to the grounding in temperance principles which was gained from the reading of your papers in my early days. Wishing you long success, and that wider circulation which our country needs, and your papers deserve. I remain, yours most cordially,

FRANK FULMER.

The Manse, Summerside, P. E. I.
Dear Sirs,—Very gladly indeed do I join the great host who at this season are sending you their congratulations. It is always with pleasure that I turn

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to the 'Witness,' and the high standard of journalism which has been maintained has won my warmest admiration. So many papers cater to what people want, and to be sure of their ground even go so far as to take a sort of plebiscite as to their readers' preferences, that it is refreshing to know that there is one paper at least conducted with high ideals, endeavoring to mould public opinion rather than to follow it. My best wishes go with you into the future years.

Yours very sincerely,
RALPH. G. STRATHIE.

Grenville, Que., Jan. 16.

Dear Sirs,—Please find enclosed my renewal of subscriptions for 'World Wide' during the ensuing year. 'World Wide' is making itself a necessity in our home. I certainly prize it very much. Yours sincerely,

J. McADIE,
Albani, B.O.

Gentlemen,—With hearty pleasure I join your host of friends and admirers in extending congratulations to the 'Witness,' a Christian newspaper, on having attained its Diamond Jubilee. The 'Witness' is a most welcome visitor to this Indian Mission School on the west coast of Vancouver Island. I enjoy its editorials on subjects I am interested in, for they contain so much valuable information, well and clearly expressed, and always uphold the cause of righteousness, temperance and purity. The world's welfare, home department, children's corner, and boys' page overflow with good and helpful things. I would like to see the 'Witness' in every home, especially where children are growing up. With best wishes for the continued success of a paper which cannot but be a power for good wherever it is read, I remain, yours sincerely,

K. CAMERON,
Missionary teacher to Indians.

Kingston, Ont., Jan. 19.

Dear Sirs,—Permit me to join the army of those who are sending congratulations to the 'Witness' upon reaching its Diamond Jubilee. For many years I have been a subscriber and reader of the 'Witness.' I have always admired its Christian principles and its unwavering temperance sentiment. It has shown itself fearless and independent. It has excluded advertisements of things that are evil in their proclivity, while its editorials have been characterized by more than ordinary ability. For a good family pa-

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per, of highest moral tone, commend me to the 'Witness.' Your recent venture of 'World Wide' is also admirable, giving such an excellent selection of articles at such a cheap rate. May the 'Witness' long continue in its powerful advocacy of the right.

THE REV. W. K. SHORTT, M.A.
Methodist Minister.

Kemptville, N.S., Jan. 18.

Dear Sirs,—Our son, Forrester, died last April trusting in Jesus. How far your 'Witness' and 'Northern Messenger' helped him to live the true and noble life he lived we know not, but they came to our home nearly his whole life and we now transfer his subscription to our youngest son Emory. May God bless you and help you to uphold the right. Believe me, very truly yours,

ENOS HATFIELD.

Hamilton, Ont., Jan. 23.

Dear Sirs,—It gives me much pleasure in recommending the 'Northern Messenger' to any new subscribers. It is a paper that has been used in our school for a number of years, and we feel we could not do without it. The scholars, both young and old, look forward with great interest for it from Sunday to Sunday,

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THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Orange and St. Peter streets, in the city of Montreal, by John Edgely 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.'