

HOUSEHOLD.

An Important Point.

Health, grace, and beauty all depend upon the carriage of the body. One of the well-known signs of weak lungs is the rounding of the shoulders and the narrowing of the chest. And the two evils act and react. The narrow chest restricts the action of the lungs—the weakness of the lungs produces the tendency to stoop. It is impossible to believe that any one in the full flush of physical health and strength can have a curved spine. An erect figure is an essential to perfect health and to symmetry of form.

A woman of fifty, with the step and bearing of a queen, told me that, as a child, she had shown a decided tendency to stoop. At fifteen the tendency had become habit—she was growing round-shouldered, and had, moreover, a wretched trick of carrying her head forward, somewhat, she said, laughingly, 'after the manner of a turkey-hen.' Her mother and her governess talked and pleaded in vain. She honestly thought she tried to conquer the evil. At last her father took matters into his hands.

'I will teach her to carry her shoulders back and head up,' he declared, 'if I may be allowed to do it in my own way.'

The mother agreed to the proposition, and that same day the father met his daughter at a stated time on the front veranda, whence ran a smooth, level path to the garden gate. In each hand he carried a two-quart pail-full of water; under one arm was a small book. The book was placed upon the girl's head, a pail of water in each of her hands, and she was ordered to walk down to the garden gate and back without spilling the water or letting the book fall. At first it was a difficult task, but each time the book fell the penalty was another walk to the gate and back, and this fact increased the aptitude with which the new and severe lesson was learned. Four times a day for the next six months the father met his daughter at this place and superintended what he called her 'promenade.' Each 'promenade' was to last for a half-hour, with necessary short intervals for rest. In stormy weather the exercise was taken on the long veranda. It was a severe regime, but it resulted in a queenly carriage.

To be erect it is not necessary to sway so far back as to be awkward. Head up, shoulders back and down, chest out, stomach in, may have a vulgar sound, but it is a rule for walking and standing that cannot be improved upon. The arms should be so relaxed as to fall in natural and graceful positions. Some girls and women fall into the custom of standing on one hip. This is such a common habit that dressmakers complain that many women's hips are of unequal height. In standing, the weight should be equally distributed on both feet, the toes of which are turned well out.

It is the duty of every mother to begin training her daughters from their early childhood to carry themselves properly. Then it will be as impossible for them to grow into awkward, ungainly women as it would be for them to change the height of their bodies or the color of their eyes.—Virginia Van De Water, in 'Harper's Bazar.'

Crutches.

'Take this little white powder; it will give you a night's delightful sleep,' says some persuasive friend, and you look hesitatingly and longingly at the folded paper which encloses such longed-for possibilities. It is so hard to lie awake night after night, hearing the clocks strike one, two, three, four, knowing full well that you will be desperately sleepy when the rising bell shall send its tocsin pealing through the house, and realizing, too, that the next day's duties will confront you as an armed battalion, when you will have neither courage nor strength to face them.

But it is a mistake, believe me, to take the sleeping powder, unless, indeed, your physician absolutely orders it. The narcotic, however innocent, the sedative, however subtle, is in its way a crutch; and the use of a crutch is always the acknowledgment of infirmity. Furthermore, a crutch is liable to snap, or to slip, or to prove treacherous, or to lose itself or lost when most

needed, and only a cripple, never a strong man, carries one.

In this whole matter of insomnia the wiser way is to fight the wakeful fiend by lying calmly still, with eyes shut and hands and feet stirless, if you can. To be genuinely tired by exercise in the open air, to detract the blood from the too active brain by a light repast before going to bed, and, above all, not to fret and worry, are better remedies than the whole range of the apothecary's shop affords.

In a beautiful volume printed for the entertainment of a family I lately came upon a pleasant bit of description, referring to an old gentlewoman past eighty, who, as the old often do, lay awake at twelve o'clock. A granddaughter in an adjacent chamber heard her crooning something softly to herself, and asked if anything were amiss. 'Oh, no,' was the quick and cheerful reply. 'He giveth songs in the night.' No need of a crutch for this strong soul.—Harper's Bazar.

Blunders.

Unless our knowledge be correct, we lose half of its usefulness. It is amusing to observe the broad line of demarcation between genteel bad grammar and that of uneducated people. An ignorant person uses adjectives instead of adverbs and says, 'This letter is written shocking'; a genteel bungler uses adverbs instead of adjectives, as, 'This letter looks shockingly.' Don't add any more to the already large list of those who say, 'Not as I know.' 'Not that I know' is correct. 'I cannot see but what you are right' should be 'but that you are right.' The following examples illustrate how easily an intended meaning can be changed by a wrong arrangement of words or phrases: 'The man was digging a well with a Roman nose.' 'Wanted, a young man to take care of some horses of a religious turn of mind.' 'He obtained a situation of great profit at the beginning of his career.' 'These verses were written by a young man who has long lain in his grave for his own amusement.' 'A public dinner was given to the inhabitants of roast beef and plum pudding.—Christian Work.'

A Batch of Recipes.

From 'Food, Home and Garden,' we have the following recipes:

Graham Bread.—Take three pounds fresh Graham flour, one yeast cake, one tablespoonful sugar, one teaspoonful salt and sufficient lukewarm water and white flour to form a stiff batter. Set to rise, and when light, knead the whole, adding a little white flour to prevent it sticking to the hands. Raise again, and when light, knead into loaves and raise again. When light, place in the oven and bake one hour. If accustomed to baking white bread, you can take a pint of white sponge and add Graham flour to it and make brown bread by following above recipe. It is not well to stir up Graham batter at night, as it may sour.

Boston Steamed Brown Bread.—One and a half coffee cupful each of corn, rye and Graham meal, one teaspoonful salt, one and a half teaspoonful soda. Sift or mix together. Put in two cupfuls New Orleans molasses and two cupfuls sweet milk. Beat together and pour into a tin form. Place in a kettle of cold water. Steam four hours.

Date Sandwiches.—Cut thin slices of

NORTHERN MESSENGER

(A Twelve Page Illustrated Weekly).

One yearly subscription, 30c.
Three or more copies, separately addressed, 25c. each.
Ten or more to an individual address, 20c. each.
Ten or more separately addressed, 25c. per copy.

When addressed to Montreal City, Great Britain and Postal Union countries, 5c postage must be added for each copy; United States and Canada free of postage. Special arrangements will be made for delivering packages of 10 or more in Montreal. Subscribers residing in the United States can remit by Post Office Money Order on Rouse's Point, N.Y. or Express Money Order payable in Montreal.

Sample package supplied free on application.

JOHN DOUGALL & SON,
Publishers, Montreal.

bread. Butter lightly. Spread with dates chopped fine. Form the sandwiches, trim off the crusts.

Date and Apple Sauce.—Two cupfuls of prepared dates in a pint of apple sauce. The dates will serve to sweeten the apples; unless the apples are exceedingly tart no sugar will be needed.

Date Bread.—Knead a cupful of prepared dates into each loaf of risen bread just before putting it into the pan to rise the last time. A cupful of raisins, a cupful of chopped figs or currants may be used in the same way.

ADVERTISEMENTS

'MESSENGER' PREMIUM.
MAPLE LEAF
Blouse Sets.

Including One pair of Maple Leaf Cuff Links,
Three Maple Leaf Front Studs, and
One Plain Collar Stud.

Very patriotic and very dainty. Made entirely of Sterling Silver, decorated with Pure Gold. A lady who has seen these sets gave her opinion that they would bring \$5 in the city stores. However, with our special arrangements we can afford to give them to 'Messenger' subscribers who will send us eight strictly new subscriptions to the 'Messenger' at 30c each; or for sale, postpaid and registered, for \$1.50. Cash with order.

Our premiums are described honestly. If they be not considered to correspond with the descriptions they may be promptly returned and money will be refunded.

JOHN DOUGALL & SON,
Publishers, Montreal.

'MESSENGER' PREMIUM.



Rodgers's Jack Knife.

This Boy's Knife will give great satisfaction. The blade is 2 1/4 inches long and made of the very best of steel, being by the celebrated Joseph Rodgers & Sons, of Sheffield, cutlers to Her Majesty, etc., etc.

Given only to 'MESSENGER' subscribers for two new subscriptions at 30 cents each.

For sale, postpaid, for 30 cents.

"In His Steps."

SHELDON'S GREATEST BOOK!

Thrilling, Inspiring, Forceful.

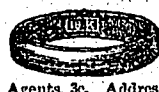
EVERYONE IS READING IT AND TALKING ABOUT IT.

FOR ONLY ONE NEW SUBSCRIBER.

Sunday-School Teachers would do a good thing by putting this book into the hands of each of their scholars. It will exert a tremendous influence for good upon every member of a home.

Given only to 'Messenger' subscribers for one new subscriber at 30c.

Sold singly or in lots at 15c per copy.



YOUR NAME neatly printed on 20 Rich Gold Edge, Fancy Shape, Silk Fringed, Envelope Verse, Floral, etc., Cards. This gold Plated Ring and a 25c present all for 10c. Samples, cutlist and private terms to Agents, 3c. Address STAR CARD CO., Knowlton, P. Q.

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, 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.'