

HOUSEHOLD.

Keep Strength in Reserve.

'Nothing's gained by worrying,
By hurrying
And scurrying,
With fretting and with flurrying
The temper's often lost;
'Tis better far to join the throng
That do their duty right along
Calm and serene in heart and nerve,
Their strength is always in reserve.'

Recollection arises of having once read an amusing account, given by herself, of an active but not always wise woman, who in summing up one day's doings says something like this: 'Arose this morning with the feeling that several different things must be done. Spent considerable time deciding what should be done first. Waited quite a while to consult with Mary about something more important that needed looking after. Was about to take up the task when I remember some cooking must be done. Ingredients were not all at hand, so the former discontinued duty was about to be resumed, when Mary came in, and we consulted so long it was dinner time before I knew it. After dinner went hurriedly to work expecting to cut out a garment, but having an insufficient quantity of lining, was starting out to buy more, when I discovered it was raining hard. This of course hindered me. At bed time husband laughed and chuckled over a remark he said he overheard me make when he came into the house to-night: "There! I've been fussing all day about how much I had to do, and haven't accomplished a single thing!"'

Now had this good woman only been a little more provident, a little more systematic and far-seeing, she might have found herself one of the fortunate throng 'that do their duty right along' calmly, with self-reliance, and consequently with profit. There is nothing else that will more easily confuse and delay any housekeeper, especially when extra cares are at hand, than want of proper forethought. It is not unusual to hear an experienced housekeeper tell of lying awake at night planning just how the various dishes shall be placed on the morrow's holiday table, and the guests seated. It would be far better did these careful anxious hostesses do what another equally careful but more prudent housewife found to be a most helpful plan, and it would also help to keep 'strength in reserve.' 'I kept paper and pencil at hand for several days,' she said, 'because so many extra things were to be needed, and as the requirements for different dishes occurred to me I would write them down. It simplified things amazingly, and made preparation for the large company very easy. Everything glided along "as easy as possible, and not a single thing was forgotten, neither was there the least hurry at any time."'

It often takes years for good cooks and excellent housekeepers to thoroughly learn some very simple facts. And there is nothing childish, nothing to be scoffed at in the habit of many good housewives, of keeping pencil and pad hung in the kitchen, where each want as it arises is at once marked down. Try the easy experiment whenever confronted by the pleasant anticipation of a merry feast, and see if it is not worth trying continually.—'Christian Work.'

Poisonous Plants.

In a recent bulletin of the New Jersey station, Prof. Byron D. Halsted calls attention to the danger from eating parts of unknown plants. Fatal cases of poisoning, he says, are usually among children, and in the spring of the year, when they go into the woods and fields with their taste sharpened for any green thing. There are many succulent roots that are harmless and are agreeable when eaten, and it is often through mistaken identity that the injury follows. If, for example, the cicuta is eaten instead of wild parsnip, conium for sweet cicely, or poke roots for artichokes dire results may follow. In like manner distress may come from mistaking kalmia leaves for wintergreen, blue flag, for sweet

flag, or even hellebore leaves as a pot herb for marsh marigold. Again there is sometimes the element of bravery that leads to the partaking of poisonous plants, as when one child 'dares' another and a false pride leads on possibly to death. There are sometimes the lurking vestiges of the savage in the child, and he takes a strange delight in 'playing Indian,' particularly if hunger lends its impulse. In short, there are many reasons why our youth are led to forage somewhat indiscriminately upon the soft parts of plants, and against them all the parent and teacher, and grown persons generally, should assist by advice and even reproof.

The majority of fatal cases have probably come from the eating of roots exposed by the excavations of earth where the poisonous plants abound, and it is here that the greatest care needs to be taken. Ditchers in low land where the cicuta, arisaema, iris, or vertrum are found or in high ground where the poke root may grow, need to warn children of the danger of feeding upon the fresh roots that are temptingly exposed. The fruits stand next in order of dangerous parts of plants, and there is no better rule than to abstain from all that are not well known. Otherwise the sickening haneberries may be eaten or the still more poisonous green juicy fruits of the daturas may prove fatal. Grown persons are most apt to be poisoned by the toadstools, and it is here repeated that only the kinds that are harmless and well known should be gathered. The poisonous species are too variable in characteristics to permit of taking any chances with them. It is better to limit one's list of edible kinds to a few quickly recognized species than to extend the number at the risk of one's life. Finally, should a case of poisoning occur let the skilled physician be called at once, as the delay of an hour may result in death.—N. E. 'Homestead.'

The Trained Nurse.

'It is a liberal education,' commented a woman recently, 'to have a trained nurse in the house for a few days. I learned much from watching one who has just left us. For example, she swept the sick-room every morning without a broom. She had a pail filled with coarse towels wrung out of cold water, and with these she rapidly wiped the carpet. I found that when I did not have the things she was used to, she quickly substituted something else. For instance, no light-screen being at hand, she used an open umbrella to protect the patient from air at one time and from the light at another. She made a plate of ice-cream in ten minutes in a pint pail, and with what seemed to me a handful of chipped ice. Of course, she put coals on the fire in paper bags; and when we did not have a piece of board that exactly fitted in the window, to permit ventilating without a draft, she accomplished the same purpose by raising the window from the bottom about five inches, and tacking a strip of flannel to the sill and sash with thumb-nails. Lastly and best, she made an oatmeal gruel that was the first that I have ever really liked. She used the coarse oatmeal, and pounded it, putting it afterwards into a bowl, which she filled with cold water. This was stirred and allowed to settle before the water was carefully poured off, three different times. This water made the gruel after being boiled for about one-quarter of an hour, seasoned, drained and mixed with a small teacupful of hot cream. This she served to me with oblongs of toast like sandwich slices, crisp and brown and always hot.'—New York 'Post.'

Selected Recipes.

Cheese Souffle.—Melt an ounce of butter in a double boiler, and stir into it one ounce of flour, then add a quarter of a pint of milk and a pinch each of salt and cayenne pepper. Stir slowly until it is as thick as melted butter. Turn this into another dish and stir into it the well-beaten yolks of two eggs, and just before it is ready for the oven whip the whites of two eggs stiff, and stir in, with two large tablespoonsful of grated cheese. Butter a baking dish or tin and fill it half full of the mixture, allowing plenty of space for rising. Bake

twenty minutes in an even oven, and serve at once in the same dish.

Apple Shortcake.—Pare, core and slice four fine, large apples. Drop them into boiling syrup and cook until soft, and then mash them well. Roll a sheet of plain pie crust in two thin layers. Lay one in the pan, lightly greased with butter, then lay on the second sheet, and bake in a hot oven. When done, separate the sheets and spread the apple sauce between the crust and also on top, and serve with cream.

Brown Pudding.—Chop six ounces of suet very fine and mix it with three-quarters of a pound of flour; then stir in six ounces of molasses. Beat up one egg and add it to the mixture, with enough milk to make a stiff batter. Lastly add one teaspoonful of carbonate of soda dissolved in a little milk; steam in a well-buttered basin for three hours, and serve with a sweet white sauce.

Oyster Soup.—Have ready two quarts of boiling water into which put three quarts of fresh oysters and their strained juice. Let them come to a boil and skim thoroughly; have ready a teacupful of sweet butter with a large tablespoonful of flour worked into it. Add to it sufficient hot soup to melt the butter and stir the whole into the soup. Let it boil up and serve immediately. The oysters should not be on the fire over fifteen minutes; they only want heating through. Have fresh crackers or toasted bread; if the first split them, if the latter cut in small squares; put them into the tureen and pour over the soup. Let each person add pepper and salt to suit the taste.—'Table Talk.'

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JOHN DOUGALL & SON,
Publishers, Montreal.

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.'