

HOUSEHOLD.

To Keep Strong.

To remain young a woman must keep her joints limber. If neglected, they become painful and stiff. Women groan with rheumatic pains, when, if they exercised properly, rheumatism would be unheard of. Women sit by a fire and shiver with a cold when, if they encouraged gymnastics, the blood would circulate vigorously through the body and the cold would disappear.

The four following simple exercises will greatly help to develop and preserve physical symmetry:

First, stand erect, with hands outstretched on a level with the shoulders, and slowly raise yourself on your toes as far as possible. Retain this position for an instant and then sink back on to the entire foot. Do this twenty times a day at first, and increase each day to a reasonable limit.

Second, place the hands on the hips and, resting all the weight of the body on the right foot, slowly raise the left leg and extend it in front of the body. Then bend at the knee, pointing the toe downward and bringing the foot up. Repeat this ten times at first. Then stand on the left foot and repeat the exercise in reverse.

Third, stand erect, and lean over at the hips without bending the knees and try to touch the floor with the fingers. Day by day you will come nearer and nearer the floor. This exercise will make the body supple and strengthen the back and will encourage grace.

Fourth, extend the right arm and, placing the left on the hip, bend to the right side as far as possible, and then reverse the exercise, which should be repeated ten times at first, and, like all others, increased from day to day as much as circumstances will permit. This is an excellent general gymnastic. No woman should indulge in any exercise to such an extent that even the slightest strain is possible. Fifteen minutes a day spent in exercise at home should result in muscular development and greatly help to retain health.—American Paper.

Teach Care.

Teach children not to waste trifles which they often throw away without thought, and which if saved might be of use to others if not to themselves. Wrapping paper, pieces of twine, odds and ends of various kinds may do service a second time if put away until the need for them arises. The habit of economy is one that ought to be cultivated, for careful saving makes lavish giving possible. Hoarding is not a vice of childhood, nor should it be encouraged, but the wise husbanding of resources for future expenditure is a valuable lesson and cannot be learned too early.

If you are careful, you will not only save, but get more out of what you have already got. When you get a letter, tear the half sheet off. It will save letter paper for making shop lists, etc., on. When you drop a pin or hair-pin, pick it up instead of letting it be swept up in the dustpan. When you see a hole mend it. When you tear anything, stick it together. Always keep your clothes well brushed and neat. Never let a loose hook or a tiny ravel go unlooked after. Keep your shoes tidy with kid restorer and wear an apron when you have dirty work to do.

Use of Women's Clubs.

Writing in the 'Woman at Home' on the part played by clubs in developing the intelligence of women, Madame Sarah Grand says that one of the advantages of the more democratic of these clubs is that women meet there all sorts and conditions of women in some of them, each bringing from her own class something to help the others—the working-woman her energy and industry, the gentle-woman her culture and refinement; and by discussing questions of all kinds, they learn to look at life in the large, and not from the point of view of their own family circle only. How very few women, comparatively speaking, read the newspapers intelligently, or trouble themselves about art or social matters to the extent of having any firm grip of such subjects? How very few can carry on any conversation worth listen-

ing to on varied topics such as men continually discuss among themselves? A woman on a railway journey will read a flimsy novelette or a cheap fashion paper, whereas the average man would buy something at least as intellectually stimulating as a daily paper. At the end of the journey the young man has added some trifle to his stock of knowledge; he has found food for discussion with other men; his outlook on life is a little enlarged. But the girl has only excited her fancy, and is sighing for more sensation, for more intellectual opium, and the consequence is that in the long run, she sinks into sensuous apathy, while the young man is making his way in the world. She gradually becomes incapable of helping herself, and as to helping others—she never dreams of such a thing. One knows this sort of girl grown elderly, and always occupied with little pieces of fancy work. Her incapacity betrays itself in every relation of life, and is a misery-making factor to be reckoned with.

Too Busy to be Kind.

'I sometimes think we women, nowadays, are in danger of being too busy to be really useful,' said an old lady, thoughtfully. 'We hear so much about making every minute count, and always having some work or course of study for spare hours, and having our activities systematized, that there is no place left for small wayside kindnesses. We go to see the sick neighbor and relieve the poor neighbor, but for the common, everyday neighbor, who has not fallen by the way, so far as we can see, we have not a minute to spare. But everybody who needs a cup of water is not calling the fact out to the world, and there are a great many little pauses by the way that are no waste of time. The old-fashioned exchange of garden flowers over the back fence and friendly chats about domestic matters helped to brighten weary days and brought more cheer than many a sermon. We ought not to be too busy to inquire for the girl away at school, or be interested in the letter from the boy at sea. It's a comfort to the mother's lonely heart to feel that somebody else cares for that which means so much to her. Especially we ought not to be too busy to give and receive kindnesses in our own home.' May no one be able to say of us that we are too busy to be kind.—'The Young Woman.'

Selected Recipes.

Cream Dressing for Salad: Beat together thoroughly three raw eggs and six tablespoonfuls of cream, three tablespoonfuls of melted butter, one teaspoonful of salt, one of mustard, one-half of black pepper, and one teacupful of vinegar. Heat, stirring it constantly until it thickens like boiled custard; if it boils it will curdle; let cool, then mix with salad.

Lemon Pudding: Line a pudding-dish with a nice pie-paste; make a custard of a pint and a half of milk, yolks of two eggs, two tablespoonfuls of flour or corn starch, three quarters of a cup of sugar, and the grated rind and juice of a lemon; pour in the dish and bake, when done, spread whites, beaten, over the top, and brown.

Potato Biscuit: To six finely-mashed potatoes add one pint warm milk, one tablespoon butter, one tablespoon salt, one quart sifted flour, and one-half cup yeast. When light, knead until like biscuit dough, cut out and stand in a warm place until light enough to bake. Bake ten minutes in a quick oven. Serve hot.

'Messenger' Mail Bag

Condie, Assa., Jan. 6, 1902.

Dear Editor,—Many thanks for the nice Bagster Bible received for the four new subscribers to 'Northern Messenger.' It was more than I expected. We all like to read the 'Messenger.' I am a little girl and go to school. We have a new teacher. We all like him very much.

A. M. ARCHIBALD.

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