

you intend frying anything. Cracker crumbs and meal are sure to soak grease. Break the bread into small pieces and put in a tin in the oven. Dry thoroughly. Only a little drying makes it hard, but when the starch is destroyed it will crumble easily. These pieces are very nice to eat as toast or with soup. Now, when you roll your crumbs, take a large piece of brown paper, but your crumbs on half of it, fold the other over and roll with rolling-pin. The paper keeps the crumbs from flying over everything. I sift mine to have them fine and put into a covered preserve jar. It does not take long to do a panful, and then I have them on hand.—Boston 'Globe.'

The Cost of Living

(Ellen Goodnow Willcox, in 'Congregationalist'.)

The work of Mrs. Ellen H. Richards, instructor in sanitary chemistry in the Massachusetts Institute of Technology, is doubtless familiar to our readers. Her writings on hygienic food and clothing have been a boon to housekeepers. This winter she has brought out a new book entitled 'The Cost of Living as Modified by Sanitary Science,' worthy of the earnest attention of every home-maker and student of domestic science and economics.

The home, Mrs. Richards grants, cannot be defended on strictly economic grounds. It would cost less money to house and feed people in large numbers than in groups of half a dozen. But the output of the home, the type of man and woman there developed, justifies it. If, then, it is sure to survive, let us see how the economic objections may be lessened.

Most housekeepers, it is to be hoped, know their minimum income in advance and proportion their expenditures to it. But how many know what part of that expenditure should go in one direction, what part in another? The manager of a railway knows what his operating expenses for this year 1900 will be; do you, mistress manager of a domestic establishment?

Mrs. Richards writes not for the poor, those with an income of \$600 or less, but for the great mass of clerks, teachers, and business and professional people of all sorts, who are living on one to three thousand dollars a year. An ideal division of that income would appropriate twenty percent for rent, fifteen percent for operating expenses, i.e., wages, fuel and lights, fifteen percent for clothes and twenty-five percent for food, thus retaining twenty-five percent for whatever belongs to other than the merely animal life—provision for the future, as life insurance and the bank fund, and aids to the intellectual and religious life. This division rests upon careful estimates and comparison with the average of many family budgets. In applying it to her own account-book the family treasurer should bear in mind two well established laws: first, the larger the income, the less the percentage of cost of subsistence; second, whatever the income, the cost of clothing, also of rent, heat and light, bears to it a constant proportion.

That rent should never exceed one-fifth of the income as a recognized principle. All the sanitary needs, as good drainage, clean wells and cellar and abundant sunlight, should be met by that appropriation. If, in addition, one wishes to pay for beautiful outlook or pleasant social surroundings, that should be charged to the twenty-five percent reserved for 'the higher life.' But much increase from that source would be a dangerous experiment.

The item, 'operating expenses,' it is difficult to dogmatize about. Ten percent of the rent, or a trifle over, ought to be abundant for heating. The cost of lights and fares (for the mistress in going to and from the market, the master in going to and from business) will vary greatly with the habits of the family. Wages for servants range all the way from one-half the

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sum paid for rent to the full amount. Two-thirds the rent is a common ratio, but if the mistress does no household work herself and is not a systematic business woman, the full sum is not too much.

Mrs. Richards believes that the general housemaid is overtaxed and that friction will be reduced and the economy of the home increased by paying the necessary cost for more intelligent domestic service. For instance, it is estimated that one-fifth the money expended for food is absolutely wasted. This is partly through unintelligent buying—the fault of the mistress—partly through wasteful and bad preparation—the fault of the cook. When domestics are graded according to their qualifications, the temptation to save by paying low wages will not exist. We shall find it wiser and more economical to make the appeal to the palate, not by buying the dearest things in the market, but by skillful cooking and tasteful serving at home.

The percentage devoted to clothing will seem to some inadequate. But remember it is clothing as a physical need, 'a layer, light in weight, spread evenly over the body so as to protect, not impede; so loose in texture as not to prevent free circulation of air, soft enough not to irritate the skin. . . . these are the essentials. Outside is the layer which we show to the world with the idea of enhancing our attractiveness to others.' The hygienic requirements, it is believed, fifteen percent of the income will cover. If much is to be spent for adornment in clothing, it must be drawn from some other fund. Books and travel are often given up for furbelows, sometimes for really beautiful raiment. If we do it, let us do it not blunderingly, but knowingly, from deliberate choice.

I do not urge the adoption of the given percentages as a rule of domestic financiering. It is well for the housekeeper to know that she is at odds with the best economic conclusions if she is paying more than one-fourth her income for food, one-fifth for rent. It is far more important for her to adopt the underlying principle and fix some method of distribution. The careful apportionment of the income among the various demands made upon it, which Mrs. Richards so ably advocates, would, I believe, go far toward putting housekeeping on a business basis and making it interesting and satisfying work.

Suggestions for Cleaning.

Refrigerators should be thoroughly cleaned once a week, everything removed, shelves and racks washed in warm soda water, wiped dry, and then sunned, if possible.

While the usefulness of kerosene is recognized by the housekeeper in many ways she may never have discovered how valuable it is in keeping the marble stationary basin bright and clean. Pour a few drops on a cloth, and rub on the stains and especially that black grease that will adhere to the marble in spite of soap and polishing. It will disappear as if by magic, and a dry cloth is all that is needed to restore the polish on the clean surface.

Flowerpot stains may be removed from window sills with fine wood ashes.

If window glass is lacking in brilliancy, clean it with a liquid paste made of alcohol and whiting. A little of this mixture will remove specks and impart a high lustre to the glass.

Where white spots appear on polished surfaces from the dropping of liquids or from heat, the immediate application of raw linseed oil will generally restore the color. The oil should be left on the affected spot for several hours overnight. Alcohol will perform the service if applied at once to rosewood or highly finished mahogany. In each instance, when the color has returned, the spot should be polished with a piece of cheesecloth moistened with turpentine.

To clean linoleum, take equal parts of cottonseed oil and sharp vinegar, and rub well with a flannel rag. If the linoleum is very dirty, first wash it with soap and water, or water to which a little turpentine has been added. Washing soda should not be used on linoleum, because it readily attacks oil and paint, of which this floor covering is chiefly made.

Selected Recipes

A German Apple Shortcake.—This is another form of shortcake we give for variety's sake. Take a pound of fresh, unsalted or well washed butter and work it very well, with the hands, into a pound of sifted flour. Add half a cup of sugar, a little ground cinnamon and nutmeg and the beaten yolks of two eggs. Knead well, then cut the paste in two. Line the bot-