



## MAGNIFICENT Blue Fox Ruff FREE

Think of it, a beautiful Ruff of Blue Fox, the most fashionable fur worn, given absolutely free. Such an offer was never made before. The only reason we can afford to do it is that we arranged for these handsome Furs during the dull season in the summer and got them nearly at cost. The Ruff is 41 inches long, nearly 4 inches wide, made of the handsomest Blue Fox Fur, very rich, soft and fluffy. It is warmly padded, lined with the same shade of satin and ornamented with four long tails of Blue Fox also. Such a handsome Fur has never before been given away, and you can get it so easily.

### NO MONEY REQUIRED

Just send us your name and address and we will mail you (all charges paid) 20 packages of our fast selling Washing Blue, the great wash day help, to sell at 10c per package. We send with the Bluing 20 handsome Gold finished pens and brooches to give away to each customer who buys from you.

If you sell the goods and return the money quickly, we will send you a magnificent rolled gold ring, set with a beautiful white gem that sparkles like the finest diamond. Such an opportunity was never offered before to the women and girls of Canada. You couldn't buy anything in the Fur stores that would look richer, be more becoming or more stylish, and remember, it won't cost you one cent. Write today. We trust you and send the Bluing post paid. **THE MARVEL BLUING CO., Dept. 97 Toronto, Ont.**



## LOVELY DOLL

GIVEN FOR SELLING

Picture Post Cards 6 FOR 10c

**GIRLS!** This is the Fairy Princess "Sunshine." She has traveled thousands of miles; over mountains, rivers and seas, by train and steamship, till at last here she is in Toronto, waiting for some nice little girl to go to live with. She is a charming little lady, as pretty as a picture; always happy and smiling, with laughing eyes and rosy cheeks, curly hair and a lovely complexion. Like every Fairy Princess, she is dressed in the height of fashion from top to toe. We know you will fall in love with her the minute you see her; she is always ready for fun and play, and when you are tired she will lie down and go to sleep with you, closing her eyes like a real baby. We have paid her fare all the thousands of miles she has traveled, and to help us send her on to you by the railway train, Princess Sunshine asks you to sell for us only \$3.00 worth of the loveliest colored picture post cards ever seen in Canada—views of the most beautiful scenes and famous places all over the world. You can't get such fine cards anywhere but in the big cities, and even then they cost 3 for 10c, while we give 6 for 10c. Card collectors buy them by the dozen. Everyone has friends who are making collections, so everybody buys gladly. They go just like hot cakes. This is your

chance to have a Fairy Princess of your very own, to live with you all the time, to play with you, to sleep with you, to make you happy and contented all day long. You may never get another chance like this, so don't miss it whatever you do. Just send your name, age and address. Only written—a post card will do. **Gold Medal Premium Co., Card Dept., 13 N. Toronto.**

pared, the core being removed with an apple corer, and cut in slices about a quarter of an inch thick. These were dipped in the batter and fried in boiling fat. The same fat, as mentioned in another lesson, may be used a long time if it is strained after each time of using, and this fat was what was used last week for frying some chicken croquets.

The afternoon lesson was devoted to souffles, the first prepared being a

### Steamed Vanilla Souffle.

For this, one ounce each of butter and the best flour was melted together, and cooked for two minutes; then the saucepan was taken from the fire and the yolks of three eggs added, one by one, together with one ounce of white sugar. The whites of four eggs were then put on a plate, and beaten to a stiff froth, and carefully added to the mixture. Here Mrs. Courtney showed a very nice test for beating the whites of eggs. They should be beaten until stiff enough to bear the weight of another egg. So much, she said, in souffles, depended on the beating of the eggs and in the steaming, that great care was required. For souffles one more white than yolk was required, and the whites must always be stirred in very carefully. A tin mould was well buttered, and buttered paper tied around it, projecting about the depth of the mould above the edge, and the mixture poured in. The mould was set in boiling water just deep enough to come half way up the mould, and simmered for half an hour. If this were baked instead of steamed it would only take twenty minutes to cook. A baked souffle should

not be turned out, but sent to table in the mould in which it was baked.

### A Sauce for this Souffle

was made of an ounce of white sugar, a gill of water and a tablespoonful of raspberry jam melted together in a saucepan, boiled a few minutes, and flavored with a teaspoonful of lemon juice, and colored with a little cochineal. A number of souffles were made in very much the same way as the foregoing, but with different flavorings, from which they too their name.—Selected.

### How to Eat Correctly.

In an article on the 'Growth of Fletcherism,' in the 'World's Work,' Isaac F. Marcosson gives Horace Fletcher's following rules for eating, which are given to all patients of the Harvard Dental School Dispensary:

1. Eat only in response to an actual appetite, which will be satisfied with plain bread and butter.
2. Chew all solid food until it is liquid and practically swallows itself.
3. Sip and taste all liquids that have taste, such as soups and lemonade. Water has no taste and can be swallowed immediately.
4. Never take food while angry or worried, and only when calm. Waiting for the mood in connection with the appetite is a speedy cure for both anger and worry.
5. Remember and practice these four rules, and your teeth and health will be fine.

## FREE to SCHOOLGIRLS



### Nothing to Sell

Only a few circulars to hand to the boys and girls at school. That's all. Write a postcard and give your name, age, the name of your school, the class you are in, and your full address, all written plainly. Then we will send you the circulars, and when you write and say you have handed them out we will send you this handsome Pearl and Ruby Gold-finished Ring. This is all you have to do. You have not one cent to pay. Mind, only one ring to one girl in each room in each school, so the first to write will be the lucky ones. **GOLD MEDAL PREMIUM CO., Dept. N.M. Toronto.**

## BABY'S OWN

\$12 WOMAN'S WINTER SUITS, \$6.50

Tailored to order. Also Suits to \$15. Send today for free Cloth Samples and Style Book.

**SOUTHCOTT SUIT CO., London, Ont.**

### Answering Advertisements.

If 'Messenger' readers ordering goods advertised in the 'Messenger' will state in their order that they saw the advertisement in the 'Messenger,' it will be greatly appreciated by all concerned.

## THE NORTHERN MESSENGER.

### ANNUAL SUBSCRIPTION RATES.

(Strictly in Advance.)

Single copies	.....	\$ .40 a year
Three Copies, separately addressed, if desired, for	.....	1.00 "
Four Copies, separately addressed, if desired, per copy	.....	.30 "
Ten Copies or more, to one address, per copy	.....	.20 "
Six months trial at half the above rates.		

Postage included for Canada (Montreal and suburbs excepted); Newfoundland, Great Britain, Gibraltar, Malta, New Zealand, Transvaal, Jamaica, Trinidad, Bahama Islands, Barbadoes, Bermuda, British Honduras, Ceylon, Gambia, Sarawak, Zanzibar, Hong Kong and Cyprus.

U. S. Postage 50c extra to the United States, Alaska, Hawaiian and Philippine Islands, except in clubs, to one address, when every four copies will be fifty cents extra postage per annum.

Foreign Postage to all countries not named in the above list, fifty cents extra.

Samples and Subscription Blanks freely and promptly sent on request.

### CLUB OFFERS.

'Messenger' and 'Daily Witness,' worth \$3.40, for	.....	\$3.10
'Messenger' and 'Weekly Witness,' worth \$1.40, for	.....	\$1.20
'Messenger' and 'World Wide,' worth \$1.90, for	.....	\$1.75
'Messenger,' 'Weekly Witness' and 'World Wide,' worth \$2.90, for only	.....	\$2.20
'Canadian Pictorial,' our best premium, may be added to the above clubs for only fifty cents extra.		
'Messenger' and 'Pictorial,' worth \$1.40, for	.....	\$1.00

### SPECIAL FAMILY CLUBS.

'Northern Messenger,' 'Daily Witness,' 'World Wide,' and 'Canadian Pictorial,' \$5.90	.....	\$3.70
'Northern Messenger,' 'Weekly Witness,' 'World Wide' and 'Canadian Pictorial,' \$3.90	.....	\$2.70

N.B.—The club rates include many foreign countries, but not such countries as require extra postage (including the United States and its dependencies) nor is the city of Montreal or its suburbs included in the above club offers.

### SUNDAY SCHOOL OFFER.

Any school in Canada that does not take 'The Messenger,' may have it supplied free on trial for three weeks on request of Superintendent, Secretary or Pastor, stating the number of copies required.

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 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.'