## The Good= Bye.

## (Alex. Ward, in the 'Day of Days.')

'Gawrge-George !'
'Well, what's wanting now ?'
The young husband turned back from the door, and there was impatience in his tone, and annoyance on his brow, as he answered his wife's call.
'Nothing, only baby and I just want to kiss Nou good-bye.'
And the loving mother came up to him Ath her baby in her arms, and held up the with her ball the little one crowed and thrust up its dimpled hands, and clutched the short, thick locks triumphantly.
Oh ! baby, you rogue, you'd like to pull out 2 handful, wouldn't you now?' laughed the merchant in a tone so unlike his former one that you would not have recognized it and he leaned down, and kissed the little one over and over.
'Now it's my turn,' said the fond wife, smoothing away the rumpled hair, and kissing her husband's forenead, and as he went out of the house that morning the troubled look no longer rested upon his countenance.
That day it was appointed to George Anson to pass through a.sharp and fearful temptation.
He was in the midst of a commercial crisis, and several of his heaviest debtors had failed that week, and now a heavy payment was due, and there seemed no possible way in which the sum could be raised, unless-
He held the pen irresolutely in his shakHe held the pen irresolutely in his shak ing hand; and the veins of his forehead were awollen. A few scrawls of that pen, a solitary name at the bottom, and the young merchant could secure the needed amount, and his business credit would so far be safe. There was no sort of doübt in his own mind but that he could raise the money in time to refund it, and thus secure himself from discovery.: The circumstances of the case, too, were most exceptional.
So whispered the tempter to George Anson, softening down the word forgery into a false name, which totally changed to his perceptions the moral complexion of the deed he was about to commit.
The young merchant's eyes glared round his office, but there was no eye to see him; he dipped his pen with a kind of desperate eagerness into the inkstand, and he drew it along the paper-when suddenly his hand paused, struck by a thought-the memory of his wife's kiss that morning.
He saw her as he saw her last, standing at the door, the baby in her arms, her sweet face full of motherly tenderness and wifely
trust. The voice of the tempter passed trust. The voice of the tempter passed
away before the rush of holier emotion ; he away before the rush of holier emotion; he
dashed down the pen. 'Mary! Mary! you dashed down the pen. 'Mary! Mary! you
have saved your husband; sink or swim, I have saved your husband; sink or Swim, I shame to meet your eyes and our baby's tonight, if I carried the burning consciousness in my soul, though no other man ever did or would know my guilt. Mary, my wife,
you won't know it but that good-bye kiss o yours this morning has saved your husband yours this morning,

George Anson did not sink.
It was ,a George. Anson did not sink. It was a hard struggle, but the storm passed by, and
Mary, his wife, never knew that she had Mary, his wife, never knew that she had
saved her husband from a sin which; in her saved her husband from a sin Which; in
eyes, would have been worse than death.
Oh ye who pant for broader horizons and
Oh ! ye who pant for broader horizons and higher opportunities, be sure God has appointed you a work where you are. Every day lifts up its white chalice out of the night, and is held down to you through all its sol emn, silent-footed hours, for those small labors of love whose true significance and re lations we shall only understond in eternity. And in this small daily labor lies much of woman's worls, and her sweet home influences fall like the sunshine and the evening dew upon the characters around her.

## How Women Rest.

'How differently, says a writer in the 'New England Farmer,' 'men and women 'indulge themselves in what is called a resting'spell! "I guess I'll sit down and mend these stockings and rest a while," says the wife, but her husband throws himself upon the easy lounge or sits back in his armchair, with hands at rest, 'and feet placed horizontally upon the other chair. The result is that his whole body gains full benefit of the half-hour he allows himself from work, and the wife only receives that indirect heip which comes from change of occupation. A physician would tell her that taking even ten minutes' rest in a horizontal position, as a change from standing or sitting at work would prove more beneficial sitting at work would prove more benencial to her than any of her makeshirts at resting on their feet just as long as they can, in spite of backaches and warning pains. As they grow older they see the folly: of permitting such drafts upon their strength, and learn to talse things easier, let what will happen. They say, "I used to think I must do thius and so; but I've grown wiser and learned to slight things." The first years of houselzeening are truly the hardest, for untried and unfamiliar cares are almost daily thrust upon the mother and home-maker.'

## Health by Change.

It is sensibly said that the thing, which a woman needs most essentially to keep up her health and spirits is change. Not necessarily a constant variation of scene and occupation, but a brief relaxation once in a while from the humdrum of her routine existence.
That nothing thrives well that is not occasionally transplanted to some other spot, there to take new ideas, to acquire fresh thoughts, to store up something that will be food for reflection when once more the be food for reflection. When once more the That there is a most harmful idea existing among certain good housekeepers, and mosf excellent women, that if they were to leave home for one day everything would at once collapse into a state of utter ruin; and this is a species of false conceit that prevents
many atired brain and body from obtaining the respite from grinding care that it is nec essary for them to receive.

That husbands should take it upon themselves to provide certain little pleasant happenings to vary the monotony of domestic drudgery that is a wife's heritage. This does not necessitate undue outlay of money; for a change, bright, pleasant and inspiring, for a change, bright, pleasant and inspiring, can frequently be obtained in many ways
When not one cent is required to secure it. That, if it is possible, a little trip taken once in a while is the best tonic ever pre pared. - Seeing new places and new faces stimulates the imagination, braces up those forces that have been exhausted in the ceaseless round of hum-drum doings at home, and thus helps to bưild up the body in the pleasantest manner possible ; and some inttle change of this sort is possible to any one who will make an effort to obtain it.-Philadelphia 'Star.'

## A Meat Pie.

(Hale Cook, in 'American Agriculturist.) This might be called a poor man's pie, put it would be so only in name, yet it is in reach of any one who can afford a common soup bone. Talie an ordinary-sized shank, the best one procurable, have it cut in short lengths, talke the bone end and lay it aside for another day's soup. Fill a large berlin Kettle a little more than half full with hot water ; when it boils; put in the balance of the shank, bone and all, add a pinch' of soda, cover tightly and let it boil slowly until the meat is so tender that.it will come to pieces if picked with a fork.
If there is little or no fat about the meat, chop up a half pound of suet and cook with it. Just before the meat is done, season with salt, pepper and sage. Dip the meat with salt, pepper and sage. make the liquor carefully into a bake tin, make the liquor into a gravy and pour a part of it in the pan. Now malke a rich gem dough and spread it over:this, putting bits of butter on
top. Gem mixture makes a softer crust and is much easier made. Set the tin in the oven over a smaller one partly filled with hot water, and let it cook till the crust is thoroughly done, which may be tested with a fork through the centre. If, when partly cooked, several holes are cut in the crust, it will cook more evenly. Serve this with the balance of the gravy and you' will imagine you are eating a very good chicken pie, at least that is the way we thought once on a time, when a chicken was not to be had.
The shank, if a good one, will in thissway make two meals for a family of seven or eight, the first day with the pie, the next with the soup. There will be a small mess of meat to go with the soup, too. If care is taken with the buying of meat, it can ba served much oftener than one is apt to think, who has to cater for a large family from a lean purse.

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