

HOUSEHOLD.

Preparing and Cooking Cape Cod Turkey.

('Christian Work.')

Why long years ago some one dubbed salt codfish 'Cape Cod turkey,' it may be easy to imagine. The fishery itself, and the preparation in salting, drying and getting the fish ready for market, certainly long furnished employment, if not wealth, to the hardy fishermen dwelling along the north-eastern point of the old Bay State. As the cod had to stand for much in the way of luxury for them, it doubtless often answered for their turkey. When properly prepared and cooked, however, what epicurean would willingly slight the modern fish cake?

Our granddames used to call them 'fish balls,' and such, in truth, they were, and whatever may be said of some other things, it must, I think, be admitted, that the fish cake of to-day is far and away a more relishable dish than the old-time fish ball. The latter was apt to be too large, too solid and too salt. The delicious flat cake of to-day is an altogether different affair. And yet there are fish cakes and fish cakes, as well as two of a kind with many other things.

Some people in preparing salt fish for cakes or mince fish—we prefer this term to 'hash'—instead of putting the fish in soak over night, think it answers the purpose as well to change the water two or three times in which it is boiled. Other experienced housekeepers prefer to put the fish in soak over night, and to change the water once while it is boiling. I incline towards this method, as it leaves the salty flavor which it is desirable to retain without having the fish too salt, or as hard as it is likely to be when not soaked.

One great secret in making nice fish cakes lies in having a great deal more potato than fish. Some of the nicest fish cakes I have ever eaten were made in this wise: Put pieces of codfish in water over night (cold water), then boil until tender the next morning, changing the water once, at least, during the process of boiling. Have pared potatoes cooking in another kettle. Chop the fish at once while hot, and mash right into the chopping tray the hot potatoes, not minding if they go into the tray in quite a moist state. Melt in quite a sizable piece of butter, and if the mixture is at all stiff add a little warm milk. It is impossible to indicate accurately how stiff the preparation should be, but while there should be nothing really wet or slushy about it, there yet should be a soft, fine consistency to it that would seem as if it would remain tender after being fried.

Have ready a bowl of cold water, dip the fingers into it, take up a piece of the mince a trifle larger than an egg, roll it into a soft round ball, then splot it down, shaping a nice little flat cake that will fry evenly throughout. Go on in this way until all are formed, placing them on a large plate or platter that has had flour dredged over it. When all are formed dredge a little flour over the top of them. If it is deemed advisable to prepare the cakes on Saturday for Sunday morning, they really fry better after being kept in a cool place overnight, then placed carefully in the hot fat. No great amount of fat is necessary in frying. Keep enough in the pan to brown thoroughly first on one side of the cakes, and then the other, replenishing the fat as it may be needed. Corn beef fat is one of the very nicest kinds in which to fry fish cakes. It seems to impart a sweetness to the crisp outside peculiar to itself. But this, of course, when no vegetables whatever have been boiled with the meat, the drippings being clear and only slightly salt.

Mincéd fish is rendered doubly delightful to many people by having boiled beets mixed in, and there are men who think that an infusion of onion adds greatly to this oft-times favorite mixture.

I was myself once a guest at the house of a hospitable old lady, who, as she was busy and the skies were lowering, said to her maid that she might have a good, old-fashioned mincéd fish for supper. As one member of the family regarded this meal rather in the light of a dinner, something

hearty was usually provided. Shortly before mealtime a lively niece and her father arrived.

'Dear me!' said Auntie B., 'I haven't anything for supper but some mincéd codfish with beets in it!'

This meant, of course, nothing of the meat line. But the niece laughed merrily. 'You couldn't have hit papa's taste more completely,' she said, 'if you had tried all day. We always have fish cakes or mincéd fish on Sunday mornings, when he feasts to his heart's content. A fish cake or two are almost always set up with which to regale him on Monday nights at dinner; then mama laughs at the pleading expression with which he will look around on Tuesday night, and ask if she doesn't think perhaps there is a bit of a fish cake left.'

These simple, inexpensive dishes, when liked at all, are usually liked immensely, and young housekeepers will find that it will pay to experiment with things of this kind until—as will be the case after a little practice—they can prepare them to perfection.

Disguised as Stamps.

(Anthony Comstock, in 'Christian Endeavor World.')

'I would about as soon have given my boy a cup of poison as hand him these papers.' So writes a widow in forwarding to me for investigation a package sent through the mails to her only child, a son, which she had opened, and found in it matters of most degrading character.

In order to deceive and hoodwink parents, teachers, and guardians, the scoundrel sending out this particular package had printed upon one corner of the envelope the words, 'This envelope contains valuable approval sheets of stamps.'

The young man who sent this matter to this youth was also sending to other youths whose names he had obtained in some mysterious manner. He had previously been arrested and convicted for sending obscene books through the mails. In one case he sent fourteen varieties of the same kind of deadly influences into an academy of one hundred and forty-five boys. At the time of his former arrest, we seized about sixteen thousand books in his office and the office of his publisher.

Parents are often criminally indifferent to the influences that are being exerted upon the minds of their children.

Twenty institutions of learning have been brought to our notice this present year where the tempter has sought out innocent youths to entrap them by means of vile books, pictures, or advertisements.

The walls of the Chamber of Imagery in the hearts of our youth are constantly being decorated with these criminal scenes, stories, pictures and details. Memory's storehouse is made the receptacle of vain and criminal thoughts. It is turned into an immoral pest-house, where the spirit of evil presides.

The reproductive faculties of the mind are to furnish entertainment through eye and ear. Appetites and emotions which lie dormant are aroused and started in the wrong direction. When thus aroused they assail the soul with fiendish malignity. Motives to pure living are swept into the vortex of vice. Spiritual emotions are unbalanced. Conscience is unhinged. The mind becomes a charnel-house, filled with the odious indecencies which unscrupulous men and women utter and publish for gain, utterly regardless of the deadly influences they are scattering among the rising generation.

We are every day brought face to face with such fiendish efforts to degrade the youth of this nation. The attack is made through the Chamber of Imagery, and the missiles used are sensational, criminal, and otherwise degrading books and pictures, stories, posters, and low play-houses.

For Round Shoulders.

I have seen a stooping figure and a halting gait, accompanied by the unavoidable weakness of lungs incidental to a narrow chest, entirely cured by the very simple and easily performed exercise of raising one's self upon the toes leisurely in perfectly perpendicular position several times daily. To take this exercise properly one must take a

perfect position with the heels together and the toes at an angle of forty-five degrees. Then drop the arms lifelessly by the sides, animating and raising the chest to its full capacity muscularly; the chin well drawn in, and the crown of the head feeling, as our professor used to put it, as if attached to a string suspended from the ceiling above. Slowly rise upon the balls of both feet to the greatest possible height, thereby exercising all of the muscles of the legs and body; come again into the standing position without swaying the body backward out of the perfect line. Repeat this same exercise, first on one foot and then on the other. It is wonderful what a straightening power this exercise has upon round shoulders and crooked backs, and one will be surprised to note how soon the lungs begin to show the effect of such expansive development.—Annie Jenness Miller.

Selected Recipes.

Tapioca Pudding.—Soak four tablespoonfuls of tapioca in water over night; drain off the water, and put the tapioca in a quart of milk with a little salt; butter half the size of an egg; boil until it thickens; beat the yolks of four eggs, and stir in just before taking from the fire; one cup of sugar; beat the whites of the eggs to a froth, and add immediately after being taken from the fire. Flavor to suit the taste.

Apple Custard.—Stew until tender, in a very little water, a dozen apples; flavor with the grated rind of a lemon; rub them through a sieve, and to three cups of the strained apple, add nearly two cups of sugar; leave it until cold; beat five eggs very light, and stir alternately into one quart of rich milk with the apples; pour into a pudding dish and bake. To be eaten cold.

Soft Frosting.—One cup granulated sugar, one-fourth cup milk. Set it over the fire and stir until it boils, then let it boil five minutes without stirring. Place the pan in ice water and beat rapidly until white and light. As it stiffens add flavoring to taste, and before it is very stiff pour it on the cake; smooth with a knife.

Snow Pudding.—Three sour apples, pare and core and steam until soft; beat them with a silver spoon and set away to cool, then add white of one egg, and a cup of powdered sugar; beat one hour. Sauce—yolk of one egg, one cup of milk, half cup of sugar; let boil up, then remove from fire; flavor with vanilla. Serve cold.

Fig Sandwiches are a nice change occasionally from the everyday meat and jam. Chop them up finely and squeeze lemon juice over them and spread on bread and butter.

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