

HOUSEHOLD.

Nothing Suited Him.

He sat at the dinner table there,
 With discontented frown,
 The potatoes and steak were underdone,
 And the bread was baked too brown.
 The pie too sour, the pudding too sweet,
 And the mince meat much too fat,
 The soup was greasy, too, and salt—
 'Twas hardly fit for a cat.

I wish you could taste the bread and pies
 I have seen my mother make;
 They were something like, and 'twould do you
 good
 Just to look at a slice of her cake.
 Said his smiling wife: 'I'll improve with age,
 Just now, I'm but a beginner.
 But your mother called to see me to-day,
 And I got her to cook the dinner.'
 —'Woman's Life.'

The Duty of Being Pleasant.

(Susan Teal Perry, in the 'Christian Work.')

'I wish we had company all the while, mamma,' said little Alice, as she saw the front door close behind a friend who had been spending the afternoon with her mother.

'Why do you wish to have company all the while, my dear?'

'Because, mamma, you are always so pleasant when other people are here, and somehow everything seems to be nice.'

The little girl went to her play, and the mother sat down with her basket of mending. Her little daughter's words made a deep impression upon her. It was too true that she was quite irritable at times when she was alone with her own family, and that she fretted and chafed over the duties which should be the most sacred and dear, those home duties toward those we love the best of all on earth. She did not wish to make an unfavorable impression on her outside friends, and acknowledged to herself that she could put on 'company manners,' and doff her petty fault-finding garb in a very short time. That night she took up her little book of daily reading, and read, 'You have not fulfilled every duty unless you have fulfilled that of being pleasant.' Alice's mother was one who 'looked well to the ways of her household.' She saw to it that the necessary requisites for the physical well-being were supplied. She was orderly and painstaking, her home was always attractive, and everything in its place. But she had a habit of nagging the dear ones, and worrying over the work she had to do. The child's words were true—it was pleasanter in the home when company came, and the mother was on dress parade. She had never seen herself in such an unfavorable light before, and she resolved with God's help to make home just as happy and peaceful when only her family were present, as if she had the critics of the outside world making up their verdicts of her character.

A happy face about the home and pleasant words and ways have an influence for good and happiness in a family that cannot be estimated. Let us make it our aim to cultivate cheerfulness and pleasant manners as an every-day duty to those who live with us, until it becomes so natural to us that we will not have to make any changes for the better when company is announced.

Many years ago there was a dear wife and mother, in whose family it was my privilege, as a young girl, to be for a short time. This dear woman had peculiar trials, which youth, of course, could not comprehend, but which in later years has caused a halo of glory to be cast over the memory of that patient saint. It was her custom to get up very early in the morning, before the day's flood-tide of work began, and go in a little room by herself. It was quite curious to the younger ones why she did this, and later in the day we looked about the room to see if there was any kind of work which she did so early and kept hidden there. One day we heard her opening her heart to a friend, who asked her to tell her the secret of her keeping so unruffled in the midst of so much hard work and care. 'I go up to the Mount of Vision early every morning,' she said,

'and talk to my Lord. Then I come down into the valley, and he sustains me in all my daily rounds.'

That was the secret of her sweet ways, of her patient toil, and her uniform cheerfulness in the home. Her influence is still with those who dwelt with her, although she has long been in the home of her Father. In days of trial and vexation that 'Mount of Vision' she spoke of comes to remembrance as a place of rest and strength.

Fathers and mothers, make home the happiest, brightest, and most hallowed place on earth. The home-nest will all too soon be broken up, the little ones will learn after a time to use their wings and fly away. Let them take away in their hearts the sweet influences of a happy, cheerful, God-loving home. Let us all remember that too often

We have careful thoughts for the stranger,
 And smiles for the sometime guest;
 But oft for 'our own' the bitter tone,
 Though we love 'our own' the best.
 Ah! lips with curves impatient,
 Ah! brow with that look of scorn;
 'Twere a cruel fate were the night too late
 To undo the work of morn.

Hints for the Housewife.

To avoid heavy, clammy, mashed potatoes, remember that milk must not be stinted, and it positively must be boiling hot when added. This and whipping, not pounding, give proper results. Potatoes for five people require about half a cup of milk; if a little cream is added as well as a tablespoonful of butter so much the better. The cook who has achieved light mashed potatoes may at once become famous for fishballs, but she should shred her own codfish. She should allow one cup of fish to two of mashed potatoes, or vice versa, according to the taste of the 'family.' She may also send to the table the most delightful soufflé by stirring into two cupfuls of these same properly mashed potatoes the beaten yolks of two eggs, and when cooled a little the whites, beaten stiffly, stirred in lightly, the whole turned into a three half-pint (greased) pudding dish and browned in a brisk oven.

In baking cake, where larger experience is needed than in any other branch of cooking, much depends upon the ingredients composing the cake. Cakes rich in butter and yolks of eggs burn very quickly. Layer cakes should bake in from twelve to eighteen minutes; plain cakes in sheets in thirty to forty minutes; loaf cake in forty to sixty minutes, and upwards. Divide the time in quarters. In the first quarter the cake should show no change except in lightness; in the second quarter it should reach its full height and brown in spots; in the third quarter it should become well browned; and in the last quarter it will settle a little and, in some cases, separate from the sides of the pan. During the first and second quarters the cake may be gently moved in the oven if necessary; but in the third quarter, and perhaps in the last part of the second, when the cake has not fully risen, and the cell-walls are not fully fixed, a jar will cause the walls to settle. Divide the time for baking biscuit and bread in the same manner, and regulate heat accordingly. Meat should be put into a hot oven at first to sear over the outside, then add a little water with drippings and lower the temperature. If you

wish to make a success of baking, bake often; in no other way can judgment be matured.—'Catholic News.'

Selected Recipes.

Health Bread.—Take one quart of bread sponge, and one cup of molasses, thicken with wheat bran and bake in a slow oven for five hours after it has risen.

English Walnut Cake.—To make walnut cake, cream together one cup of butter and two cups of sugar. Add the yolks of four eggs, well beaten, and half a cup of milk. Then add two and one-half cups of flour in which two teaspoonfuls of baking powder have been sifted, one teaspoonful of mace and one of lemon juice. Beat the whites of the eggs to a froth and stir into the mixture with one and one-half cups of chopped walnut meats. Bake in tins in a brisk oven. Ice the cake with a white icing and decorate with walnut meats.—The 'Presbyterian Banner.'

DEAFNESS CURED

By No Means Until "ACTINA" Was Discovered.

Ninety-five percent of all cases of deafness brought to our attention is the result of chronic catarrh of the throat and middle ear. The inner ear cannot be reached by probing or spraying, hence the inability of aurists or physicians to cure. That there is a scientific cure for deafness and catarrh is demonstrated every day by the use of Actina. Actina also cures asthma, bronchitis, sore throat, weak lungs, colds and headache; all of which are directly or indirectly due to catarrh. Actina. Actina also cures asthma or write us about your case. We give advice free and positive proof of cures. A valuable book—Prof. Wilson's 160-page Dictionary of Disease, Free. Address New York & London Electric Association Dept., 23 D., 929 Walnut Street, Kansas City, Mo.



\$4 VELVET HATS, \$2

\$6 Velvet Hats, \$3-\$12 Suits, \$4.50-\$20 Suits, \$7.50-\$3 Skirts, \$2-\$5 Skirts, \$3-\$10 Cloaks, \$4-\$15 Cloaks, \$6.50-\$10 Rain Coats, \$5-\$8 Taffeta Silk Waists, \$3.50-\$5 China Silk Waists, \$2.25-\$2 Lustre Waists, \$1.50-\$1.50 Black Sateen Waists, 75c.

The above are all Fall Styles and may be had in any color desired. Send for free samples and catalog, which also contains belts, neckwear, hosiery, underwear and jewellery.

N. SOUTHCOTT & CO., Dept. 7, London, Ont.

BABY'S OWN

\$12.00 WOMAN'S Fall Tailored SUITS \$4.50

MADE TO ORDER.

Suits up to \$15.00. Jackets, Cloaks, Raincoats and Waists and Skirts, at manufacturers' prices. Send for fall sample cloth and fashions No. 1.

SOUTHCOTT SUIT CO., London, Ont.

NORTHERN MESSENGER

A Twelve Page Illustrated Weekly.)
 To Separate Addresses.

Single copy... 40c
 Three copies to separate addresses... \$1.00
 Four copies to separate addresses... 1.20
 More than four at the rate of thirty cents each.

S. S. Clubs.

Sunday-school Clubs, ten or more copies to one address, twenty cents per copy per annum, Postage.

The above rates include postage for Canada (excepting Montreal City), Nfld., U.S. and its Colonies, also Cuba, Great Britain, Mexico, New Zealand, Transvaal, British Honduras, Bermuda Barbadoes, Ceylon, Gambia, Sarawak, Bahama Islands, Zanzibar, Hongkong, Cyprus, Fiji, Jamaica, Malta, Trinidad, British Guiana, Gibraltar.

For Montreal and foreign countries not mentioned above, add 50c a copy postage.

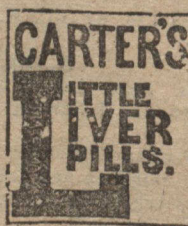
Sample Copies.

Sample package supplied free on application.

JOHN DOUGALL & SON,

Publishers, Montreal.

SICK HEADACHE



Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They

regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear
 Fac-Simile Signature

Wm. Wood
 REFUSE SUBSTITUTES.

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.'