

## HOUSEHOLD.

## Fishers of Men.

(Henrietta S. Engstrom, in 'Gleaners' Union.)

'Come after me,' the Saviour said,  
As he stood by the Lake of Galilee,  
Fear not, but rise and follow me,  
And fishers of men ye shall henceforth be.

Such was the loving Master's word,  
And straightway his servants obeyed the call,

Leaving their old life far behind,  
They arose and followed him once for all.

'Fishers of men,' they henceforth were,  
The word of his promise was soon fulfilled;  
The old and young, the rich, the poor,  
Were caught in the nets as the Master willed.

Following bravely where he led,  
They labored unweariedly night and day:  
Sometimes rejoicing, sometimes sad;  
Through cloud and through sunshine they held their way.

At last they saw their risen Lord,  
As he stood once more by Galilee's Sea,  
And heard him say in accents sweet—  
'Bring now of the fish ye have caught to me.'

Surely 'twas worth long years of toil,  
And the ceaseless strife of a lifetime past,  
To hear those words from Christ their King,  
And know that he honored their work at last.

But hark! the Lord is calling still—  
'Go, labor for me on the world's wide sea,  
Spread out your sails, let down your nets,  
And fishers of men ye shall henceforth be.'

Brother! he speaks to you and me!  
The message is given to one and all;  
Some there may be, whom we can reach,  
Who might never else hear the gospel call.

Save ourselves in the ark of God—  
Shall we suffer the lost to drift away,  
Or stand aside in selfish ease,  
While sinners are perishing day by day?

Is this the spirit Christ would see  
In those he has rescued from sin and death  
Surely the lives he ransomed thus  
Should be spent for him to their latest breath.

Master! fain would we work for thee,  
Doing thy bidding by sea and by land;  
We look to thee to guide our course,  
And we let down our nets at thy command.

Teach us to 'lie in wait' for souls,  
To ponder the word that each sinner needs,  
Or where we cannot win by words,  
To conquer by prayer and by loving deeds.

And though for weary nights and days,  
We may seem to have toiled without reward;  
Yet well we know that work for thee,  
Can never be 'labor in vain,' dear Lord.

One day, we too, shall see thee stand,  
On the heavenly shore, by the crystal sea,  
And hear thee say in accents sweet,  
'Bring now of the fish ye have caught to me.'

Oh, joy above all other joys,  
What rapture of bliss it will surely be  
To hear those words from Christ our King,  
When he says them, brother, to you and me.

## Those Three Meals a Day.

(By Juliet Corson.)

Philosophize as we will, we must eat in summer as well as in winter. The question is: 'What can we eat with the least expense of time and labor—the least exertion?'

Canned goods are an invaluable resource in emergencies, but they fail to replace fresh food in flavor or nutrition. Still, the housekeeper who cannot count upon an un-failing supply of the latter, should never

allow her shelf of canned meats and vegetables to be empty. There are certain ways of serving canned goods which make up for their lack of flavor, and restore to them the nourishment lost in preserving them. It is not the purpose of this article to give the details of cookery, only to suggest methods of service which shall lighten the labor during the extreme heat of summer; but one point is so important in the use of canned goods that it well deserves mention. It is this: the vegetables which are put up in salted water, such as the various kinds of green peas, string and lima beans, asparagus, etc., should be drained and rinsed before they are heated, a fresh sauce being made for them, or salt, pepper and butter added to them.

The various oily fishes, like salmon and sardines, should be removed from the can directly it is opened, because the atmosphere, acting upon the oil in contact with the tin, forms an absolutely poisonous combination. This fact explains the sudden attacks of illness which sometimes follow the eating of canned salmon. Every housewife should make a note of this, because canned salmon can be so variously used as a white soup after being reduced to a pulp; heated with white sauce or drawn butter as a fish dish; served cold in small pieces, with lettuce and mayonnaise, or combined with fresh tomatoes, cucumbers or celery, and Spanish onions sliced, with the addition of a plain salad dressing. Sardines can be used as relishes with a little lemon-juice; made into a salad with lettuce, celery, sliced tomatoes or Spanish onion, and a plain French salad dressing; breaded or dipped in batter and fried, as an entree; made into sandwiches, or served on slices of bread, buttered and browned in the oven; served cold, with sliced cucumbers and hot boiled potatoes, as a fish course; or, as a noonday luncheon, served cold with lemon and hot baked potatoes.

When canned foods are broken in serving, or when part of a can remains, or any portions of cold cooked meat, fish, poultry or vegetables, they can be used in a white or cream soup. Have a vegetable salad every day for dinner, and radishes, water-cress, cucumbers, lettuce, or some such green vegetable for luncheon or supper, with cheese, bread and butter, and some hot drink. Do not forget that fruit is food, and most indispensable to health, especially the various acid berries, grapes and apples.

Drink cool water and eat cracked ice, but do not drink copiously of iced water; any acid fruit-juice, in water, will relieve intense thirst. Cool the blood, when it is heated, by letting water run upon the wrists and head rather than by drinking iced water.

In short, the secret of avoiding exhaustion by accomplishing the necessary household tasks in hot weather, is to use such foods as can be cooked with little heat; to utilize the fire built for making coffee, to cook a bannock or omelet, or to boil some hominy or potatoes, to use cold, or fry quickly for another meal; to make a hot fire only once or twice a week, and then to bake pies, cakes, bread, etc.; to roast or boil a joint of meat, a ham or tongue, or some poultry, which can be used cold during the rest of the time when only the hot drink is prepared. Above all, do the hardest of the daily work in the coolest hours, and take care to bathe and rest often enough to avoid extreme prostration from heat and fatigue.

## Face to Face.

'Make Christ your most constant companion.' Be more under his influence than under any other influence. Ten minutes spent in his society every day, aye, two minutes if it be face to face and heart to heart, will make the whole day different. Every character has an inward spring; let Christ be it. Every action has a keynote, let Christ set it. Yesterday you got a certain letter. You sat down and wrote a reply which almost scorched the paper. You picked the cruelest adjectives you knew and sent it forth, without a pang, to do its ruthless work. You did that because your life was set in the wrong key. You began the day with the mirror placed at the wrong angle. To-morrow, at daybreak, turn it toward him, and even to your enemy the fashion of your countenance will be changed. Whatever you then do, one thing you will find you could not do—you could not write that letter. Your first impulse may be the same, your

judgment may be unchanged, but if you try it the ink will dry on your pen, and you will rise from your desk an unavenged, but greater and more Christian, man.—Henry Drummond.

## Selected Recipes.

**Beef Croquettes.**—This is a good house-keeping recipe. Cut a pound and a half of lean cooked beef into very small dice; place in a stewpan a heaping teaspoonful of finely chopped onions; with a piece of butter the size of a walnut; stir over the fire until the onions become slightly browned, then stir in half a tablespoonful of flour, with which mix by degrees a half-pint of broth or water, adding a few drops of browning. Let it boil for five minutes stirring constantly, then throw in the beef; season rather highly with pepper and salt, and pour into a deep dish to cool. Beat two eggs on a plate, and in a shallow dish have a quantity of bread crumbs. Divide the cooked beef into as many pieces as are required and roll them into spheres or shape them in any other form preferred. Roll these in the crumbs till quite covered, then roll them in the egg, and then in the crumbs again. Take them out gently, patting the surface lightly with the flat of a knife, and place them in very hot lard or butter to fry to a golden brown, being careful not to break them. When done, drain them on a cloth, and serve either on a napkin or a bed of fried parsley.

Beet soup may be made in a similar way, omitting celery, flavoring to taste, and adding a little lemon juice and sugar.

**Fried Hominy.**—Cut cold boiled hominy into half-inch slices. Dip in a dressing of beaten egg and milk, one egg to two tablespoonfuls of milk, then in flour, and brown lightly in hot fat.

The New York 'Tribune's' home department furnishes the following recipes for delicacies in the pickle and spice line:

**Spiced Grapes.**—Take ten pounds of ripe grapes. Pop them from the skins, and cook in a preserving kettle, until the seeds can be pressed out in a colander. In the meantime cook the skins in a very small quantity of clear water until they are tender. Put all together in the preserving kettle, and add four pounds of brown sugar, one-half pint vinegar, two tablespoonfuls of ground cinnamon, one tablespoonful ground cloves, and cook slowly until quite thick—probably it will take over an hour, and will need constant watching to prevent burning. This will keep any length of time, and can be sealed or not. Try these spiced grapes in place of current jelly with roast mutton.

**Tomato Catsup.**—It is quite possible to make into catsup a few cans of tomatoes, sifting and cooking and seasoning them to taste, the same as if fresh; or, to open a few cans of peaches or pears; season with whole cloves and stick cinnamon; put into some vinegar, boiling hot. Leave the fruit there until thoroughly heated, then place in jars and pour the spiced vinegar over it. In a few days it will be very good.

One may spice some cranberries to be eaten with the roast turkey or chicken, as follows: To five pounds of cranberries add four pounds of light brown sugar, one-half pint of vinegar, two teaspoonfuls of cloves, one teaspoonful of cinnamon. Boil one hour.

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