

HOUSEHOLD.

Domestic Science.

The following extracts are from a paper read recently by Dr. Green of Michigan at a Domestic Economy Conference:—

"To-day we find nearly every one of woman's old industries can be carried on much better and more cheaply outside of the home. The modern woman sends out her laundry work, and a great part of her cooking is done outside of the household. The vast quantity of canned goods which now annually floods the markets proves how largely the modern woman avails herself of outside help.

"In fact, about the only occupations which she cannot have better done out of the house are bed-making, dusting, and the washing of dishes and windows. It seems as though she must by this time find her occupation wholly gone, and that she could live a life of ease and idleness. By no means; she has more serious duties confronting her in the household than ever before. But conditions have changed and she must change her tactics in meeting them. Her force is no longer that of muscle but of brains.

"Modern improvements have brought into existence numberless frauds. Of these the housewife must be able to judge, and it requires great ability and special education along household and sanitary lines. She must select her children's food, not from relish, but from the standpoint of health and its after effects upon their systems. To do this she must know food properties, nutritive values, the proportions which combined make a suitable dietary. She must know adulterants, and the dangers which attend their use. She must know why the crust of a loaf or a bit of toast is better for her baby than the half-done inner part of a loaf. She must, in short, be her own hygienist, her own chemist, her own dietist.

"Take the single subject of household sanitation, to which science has been applied since only a recent date. The microscope has revealed the presence of microbes of all sorts and conditions in our water, air and food. It has proven that freezing does not purify water in the least. As a result, to-day every city of any size has its artificial ice manufactories in which it is frozen from distilled water.

"How many typhoid fevers might have been traced to the use of foul ice, we did not know. I know of one village in which the ice supply is obtained from a small creek which runs at the foot of a cemetery hill. Every year this is dammed up at the edge of the cemetery, and from it the ice is cut in the winter. Another, where three slaughter houses are located on the bank of a stream which furnishes ice.

"Our grandmothers would not have remonstrated, but the modern woman is bound to do so as soon as she is educated on scientific lines. She knows that the ice from rivers, ponds or lakes, in which the water is unfit for use, is equally deleterious to health. The old traditions, that freezing purified water, and that a swiftly-running stream, however impure, was rendered harmless after traversing a few miles, are exploded. Science has proven that typhoid fever, tuberculosis and diphtheria may be readily conveyed by water, and through that by milk.

"Another tradition, that water by leaching through soil was cleansed of all impurities, has also given way. Formerly, the location of drains and cesspools was a subject of but little care. Frequently they were in close proximity to wells. Masses of vegetables, kept moist and rotting by the frequent application of kitchen slops, were equally common. To-day we know that these produce disease, and that diseases springing from such causes are wholly preventable.

"We rejoice in wood floors where our mothers had microbe-laden carpets, we sleep on mattresses of woven wire instead of on the dusty old-fashioned feather bed. We no longer close our parlors the year round to keep the flies out. We know that sunshine and air are the best deodorizers and germicides in the world, and we let them in in full measure. The roses fade in the carpets, to be sure, but they bloom perennially in the children's cheeks. Our grandmothers got rid of dust because it betrayed shiftless house-keeping. We dispose of it, because it is filled with germs which menace health.

"She must go a step further and know which foods are best suited to the needs of a laboring man, of a student, or a person of sedentary habits, of a nursing mother, of

a lusty half-grown school boy, of a three or four-year-old child. A correct diet is the ounce of prevention, and it will save hundreds of lives, any amount of semi-invalidism, and tons upon tons of patent medicine.

"Only recently a mother with tradition still clinging to her said to me: 'My little boy is not strong, and yet I insist upon feeding him the most nourishing foods; in fact, I can get him no longer to even look at beans.' Think of that frail little three-year-old stomach wrestling with beans, when bread and milk with egg or a bit of custard should have been the chief foods. His mother might as well have expected him to do the work of a strong adult, as to subsist upon a diet suitable for a man at hard labor.

"The scientific housewife no longer gathers herbs and aromatic bark for root beer in order to cleanse the blood in the spring. Science has taught her that food properly regulated as to quality and quantity will keep the human system in perfect condition, without the aid of any beer or sarsaparilla drugs. Her children are no longer dosed intermittently. She lets them eat, sleep, and play, with a simplicity approaching that of a young animal, and her first efforts, if by chance any of them become ill, are directed toward regulating and lengthening their sleeping hours, and carefully attending to their diet.

"And this is why the modern woman has so stupendous a task. A smattering of knowledge is not enough. She must be skilled in her art, that of housekeeping, or she will be a lamentable failure. Science, fortunately, has come to her rescue, but she in turn has rescued science from the exclusion of the laboratory and the experimental station, and put it where it belongs, in the home.—American Kitchen Magazine.

Spring Wisdom.

(By Mary Louise Palmer.)

One is quite prone in the mild, seductive days of early spring to lay aside winter clothing in some measure, change heavy flannels for lighter, discard overcoats and winter wraps when out for walks and drives on bright, sunny days, so tempting and alluring are smiles of spring. But the tried rule is the safe rule. One swallow does not make a summer, nor one week of soft weather in March or April the season.

One can call to mind many instances of sickness and premature death brought on by carelessness against cold in springtime.

The celebrated writer, Louise Alcott, took a short ride one early March day without her sealskin cloak, a sudden cold was contracted resulting in inflammation that caused her death. In her case, as in many similar, it were better to have erred on the safe side. A mild morning may be followed by a sharp wind and chilly air before noon. If one starts out on daily work, errands, pleasure or otherwise, wisdom suggests sufficient clothing, and enough for comfort should change of temperature occur. To be sure, climate and latitude are to be considered, but the fickle spring of New England and northern latitudes at least are within our bound. And the children are not to be overlooked on spring days.

They are delighted to get out. In snowy weather they have been much confined to the house, especially little ones, and now life teems with joy again. Mud pools stand in convenient spots; rivulets trickle down the village street, and little streams course through lanes and dooryards. Inviting, these miniature rivers to youthful feet, and they wade and wander and splash. Possibly the little boots are not tight, or if they are, the clothing may get an extra bath and in places become quite soaked. The pleasant day and soft earth have decoyed them out, but the mother must look well to the return, or a croupy cough may rouse her slumbers, or a sore throat or pneumonia result. Soft airs and warm days refresh the senses in early spring, but it is not best to trust them too securely.

All rejoice in springtime—old and young, father and mother, as well as children. There is promise in the whispering breeze, joy of bud and blossom in the coming day. Bryant, that poet of nature, thus speaks of the first coming month:

'For thou to Northern lands again
The glad and glorious sun dost bring,
And thou has joined the gentle train
And wearest the gentle name of Spring.'

And it is just this 'gentle name of spring'

that brings us to hard prose again, since there are dangers that lurk, beside those depending on fickle rain and shine. The garbage barrel, refuse heap of the back yard, stagnant pools already thick and slimy, sending out poison when the sun shines—these demand attention in spring. And the cellar! It is a subject often in print, and doubtless often carelessly read, if at all, but the fact remains. And if decaying vegetables are there they should be removed and all traces cleaned thoroughly. It is well at general housecleaning to begin with the cellar. Clean and sweeten the foundation before proceeding further. Liberal lime wash will work wonders by way of cleansing as well as cleaning. Purify the air below if you would keep the air sweet above. No home is exempt from the caution I have mentioned although degrees of danger differ.

And there is another subject to be considered in springtime, as in all other times, bearing directly on health, that of diet. I suppose proper diet at this season would do away with much of the so-called spring medicine, also some forms of disease and illness.

The acid and more succulent foods are more grateful now, and better supply a demand of the system. Heavier articles, fats and oily foods that supplied carbon in cold winter weather, had better not be eaten now. An intelligent mother will look to the ways of her table, thereby saving her family wisely and well. As spring advances and early vegetables reach market, it is not always an extravagance to place them freely on the table. If it wards off a doctor's bill it is not costly.—Christian Work.

Selected Recipes.

Tomato Beef.—Cut in pieces three pounds of lean beef and stew slowly with eight medium-sized tomatoes, a clove, and a chopped onion. Before taking up add salt, pepper and a little butter. To warm over, mince the beef, heat in the gravy and pour over buttered toast.

Brown Scallops.—Mince cold roast beef very fine, fat and lean; season with salt, pepper, a little chopped onion, and moisten with the gravy. Fill the tins half or two-thirds full, and cover to the top with mashed potato, moistened with cream. Dent the top a little, lay on a piece of butter and brown in the oven. Both the meat mixture and the potato should be hot before filling the scallops.

NORTHERN MESSENGER.

(To the Editor of the 'Northern Messenger'.)

Sir,—I am in receipt of your letter and 'Northern Messengers.' The latter have been distributed among our W. C. T. U. and Band of Hope members. It is a splendid little paper and I hope it will be largely used in our temperance work.

L. V. SPENCE,
Central W. C. T. U.
Toronto, March 26, 1897.

(To the Editor of the 'Northern Messenger'.)

Sir,—You will find enclosed thirty cents for the 'Messenger.' I would not give it up or exchange it for any other paper; it is the best I ever read for the price. We all like it very much.

BERTHA E. JOHNSON,
Simcoe, Ont., March 26, 1897.

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