

THE HOUSEHOLD.

BITS OF ADVICE.

HOW TO BEHAVE AT THE TABLE.

"I wish my mother would never have company. A fellow can't get enough to eat when people are staring at him."

As I was visiting Frank's mother at the time, I thought this remark was rather personal. I suppose I blushed. At any rate, Frank at once added,

"Now, Aunt Marjorie, I did not mean you when I said that; I meant strangers, like ministers, and gentlemen from out West, and young ladies."

"Oh," said I, "I am very glad to be an exception and to be assured that I do not embarrass you. Really, Frank, it is an unfortunate thing to be so diffident that you cannot take a meal in comfort when guests are at the table. I suppose you do not enjoy going out to dine yourself?"

"No," he said; "I just hate it." Perhaps one reason why boys and girls do not feel so comfortable, and so at ease as they might on special occasions at the table, is because they do not take pains to be perfectly polite when there is no one present but the ordinary home folks. In the first place, we owe it to ourselves always to look very neat and nice at our own tables. Nobody should presume to sit down to a meal without making a proper toilet before hand. Boys ought to be careful that their hair is brushed, their hands and faces clean, their nails free from stain and soil, and their collars and ties in order before they approach the table. A very few moments spent in this preparation will freshen them up, and give them the outward appearances of little gentlemen. I hope girls do not need to be cautioned thus.

Then there are some things which good manners render necessary, but about which every one is not informed. Of course you know that you are not to eat with your knife. Fifty years ago people frequently ate with their knives, and it is quite possible that now and then you may see some old-fashioned person doing so; but it is not customary now, nor is it safe or convenient. When you send your plate for a second helping, or when it is about to be removed, you should leave your knife and fork side by side upon it.

It is not polite to help yourself too generously to butter. Salt should be placed on the edge of the plate, never on the tablecloth. Do not drink with a spoon in the cup, and never drain the very last drop. Bread should be buttered on the plate, and cut a bit at a time, and eaten in that way. Eating should go on quietly, and not hastily. Nothing is worse than to make a noise with the mouth while eating, and to swallow food with noticeable gulps.

Do not think about yourself, and fancy that you are the object of attraction to your neighbors. Poor Frank's unhappy state of mind was caused by his thinking too much about himself, as well as by a little uncertainty as to what were precisely the right things to be done.—By Aunt Marjorie Precept in *Methodist*.

BABY'S NAP.

The great fact which we are all apt to forget in talking about the management of children is that no two babies are just alike, and what suits one case perfectly will work mischief in another. As Mrs. Partington says: "There's as much difference in folks as in anybody," and babies are only "folks" just started.

You remember that old fellow we studied about at school, with his iron bedstead, who cut off the heads of those who were too long, and stretched out those who were too short? Well, don't try to bring up your baby after that fashion. It is worse than useless to have a set of inexorable rules. The rules should be made to fit the baby, not the baby the rules.

In the simple matter of putting baby to sleep, Mrs. Superior Wisdom will say in her lofty way: "I don't believe in rocking or cuddling babies at all; I always used to lay mine right down on the bed, and go away and leave them. If they cried, they might cry till they got tired." Now, Mrs. Superior Wisdom's children are what grandmother Badger calls, "white, still children like dipped candles by natur," with no more nerves than an oyster; of course, they would lie still and go to sleep—they didn't want any-

thing better. But with a child who inherits a nervous temperament, who is so wide-awake all over, that it is a slow process for muscles, and nerves, and brain to quiet themselves, sleep must be coaxed. I know all about it. Didn't I listen to Mrs. S. W., and out of the depths of my conscientious desire to be a Spartan, sensible mother, put my oldest baby to all manner of unnecessary misery? She was a nervous, excitable child—now, if over-tired, will lie broad awake for an hour or two in the middle of the night—and I let her cry herself to sleep, well, more times than I shall another, if I have forty. And her poor father was insane enough to think he must "spat" her to make her stop crying and go to sleep. "It was nothing but temper," he said, while I, poor misguided wretch, aided and abetted him! There ought to be a petition in the Litany—"From all our negligences and ignorances, Good Lord deliver our children!"—*Scribner's Monthly*.

THE MUSCLES.

Our strength is all in our muscles, and is measured by the strength with which they can contract; not for a short time, but steadily and permanently,—of course, with the proper intervals of rest.

A young girl in the delirium of fever may seem suddenly to have the strength of two men, but she soon sinks back utterly helpless. A person of high spirit may put forth a few tremendous efforts, to be followed by a sense of extreme exhaustion, and soreness and pain, that show that the muscles have been strained.

On the contrary, a man of strong digestion well fed, and with muscles inured to heavy labor, can work vigorously all day, the year through, without exhausting his physical energies, but rather enhancing them. He can put forth muscular effort that would break down a sedentary man in a few hours, however high-spirited.

Not a few very intelligent men seem wholly ignorant of these simple facts. We knew a doctor of divinity who having become convinced that he needed vigorous out-door exercise, began at once wheeling heavy loads of stone and earth. After an hour or two of this work he forever yielded up his new convictions—at least the practice of them.

Many persons enfeebled by sedentary habits and excessive brain-work do themselves harm and not good by over-doing exercise at the outset. The true rule is, if you wish to get healthful benefit by exercise, to begin the exercise gently, increase it slowly, and keep within the limits of fatigue.

Spirited students are constantly injuring themselves by feats of strength in wrestling or rowing. Occasionally the heart itself—which is simply a hollow muscle—suddenly gives way under the strain, and serious or fatal results follow.

Senseless and heartless drivers often think to beat strength into the muscles of an overburdened horse—they put into the poor animal the strength of the madman at the expense of its real working power.—*Youth's Companion*.

MAKE SABBATH A HAPPY DAY.

The mother of thirteen children, I well understand how hard she feels it to keep all, of various ages, properly and profitably employed on Sabbath afternoons. I used to be left thus with five or six, ranging from baby-in-arms upward, husband and servant both gone to place of worship; but I will state here I always made it a point, health permitting, to go to meeting in the morning, and thereby felt refreshed and strengthened for my afternoon of duty. I always prohibited playthings as such, even for the younger ones, making it the children's employment on Saturday evenings to gather up all such, because "to-morrow was the Sabbath day;" but I had a reserve of books and picture animals pasted on card-board, a block-game of six Scripture subjects and Scripture questions, which on no excuse were used week-days, and so came quite fresh once a week. The younger changed over with the pictures, and with an occasional look and smile and talk from mother, while the elder ones were generally entranced by "Line Upon Line" or "Peep of Day," and then sometimes Scripture questions all round in the form of twenty questions, and I can only say all my children can look back to pleasant, happy Sabbath afternoons. Then when father returned, and supper, with the special

cake for Sabbath, was over, the children old enough remained for Bible-reading and devotion, and if mother laid a very weary head on her pillow, perhaps feeling how little time she had had to feed her own soul, there was the sweet feeling, "Inasmuch as ye have done it unto one of the least of these, ye have done it unto me." I may add, cold dinners on Sabbaths have been the order of our household through the nearly thirty years of housekeeping, and yet something a little extra if possible.—*Rachel Walter Marriage, in N. Y. Witness*.

PICKLED FISH.—A very useful, convenient thing to keep on hand is pickled fish, which supplies a relish at any time, none the worse for being inexpensive. Any fresh fish, or pieces left over, can be prepared in this way, by covering them in a stone jar with spiced vinegar, and leaving them to scald in a moderate oven three hours. Oily fish, like mackerel, blue fish and herring, are the best for pickling. Fine mackerel can be bought along shore, for thirty cents a dozen almost any day, and three dozen may be dressed and wiped with a dry towel, lightly salted and packed in a jar, covered with half water and half sharp cider vinegar a tablespoonful of cloves and twice as much cinnamon, left in a warm oven over night. The vinegar slowly dissolves the bones of the fish, gaining all the gelatine, in which they are rich, and the food is relishing and nutritious. Fish kept in this way may be baked or fried lightly for breakfast, or served cold as a relish. They will keep six weeks, with a change of vinegar perhaps.

STEWED CALF'S HEAD.—Take a fine large calf's head; empty it; wash it clean, and boil it till it is quite tender, in just water enough to cover it. Then carefully take out the bones, without spoiling the appearance of the head. Season it with a little salt and Cayenne, and a grated nutmeg. Pour over it the liquor in which it has been boiled, adding a gill of vinegar, and two tablespoonfuls of capers, or of green nasturtium-seeds, that have been pickled. Let it stew very slowly for half an hour. Have ready some forcemeat balls, made of minced veal, suet, grated bread-crumbs, grated lemon-peel, and shredded sweet marjoram, adding a beaten yolk of egg to bind the other ingredients together. Put in the forcemeat-balls, and stew, slowly, a quarter of an hour longer, adding some bits of butter, rolled in flour, to enrich the gravy. Send it to table hot.

STEWED LOIN OF VEAL.—Take part of a loin of veal, the chump end will do; put into a large, thick, well-tinned iron sauce-pan or into a stew-pan, about two ounces of butter, and shake it over a moderate fire until it begins to brown; flour the veal well all over; lay it in the sauce-pan, and when it is of a fine, equal light-brown, pour gradually in veal broth, gravy, or boiling water to nearly half its depth; add a little salt, one or two sliced carrots, a small onion or more, when the flavor is much liked, and a bunch of parsley; stew the veal very softly for an hour, or rather more, then turn it, and let it stew nearly or quite another hour, or longer, should it not appear perfectly done. Dish the joint; skim all the fat from the gravy, and strain it over the meat; or keep the joint hot while it is rapidly reduced to a richer consistency.

HINTS ON IRONING.—Fine, soft articles, such as need no polishing, as lace and muslins, should be ironed on a soft ironing blanket, with fine ironing sheet. All such articles, after a careful sprinkling, must be rolled up smoothly and unrolled one at a time. Laces, of course, are to be carefully brought into shape, and all the edge or pulling pulled out anew. In ironing silks cover them over with paper or fine cotton, and use only a moderately-heated iron, taking great care that the iron does not touch the silk at all, or it will make the silk look glossy and show that it has been ironed. Any white article, if scorched slightly, can be in part restored so far as looks go, but any scorching injures the fabric.

LEMON PIE.—Prepare a crust for the pie in a deep plate, then stir one tablespoonful of corn starch into a little cold water, add one cup of boiling water, let all come to a boil, then add seven tablespoonfuls of sugar, the well beaten yolks of four eggs, and the grated rind and the juice of two lemons; while this is baking beat the whites of the four eggs and one heaping tablespoonful of pulverized sugar to a stiff froth; when the pie is baked spread this smoothly over the top, then set it in the oven for two or three

minutes; this is long enough to give it the desired golden brown color.

INK ON THE CARPET.—Ink freshly spilled on the carpet should at once be taken up with a sponge or even a damp cloth, care being exercised not to spread the spot. After all is taken up that can be, wet the sponge—after first washing it clean—in warm water, and thoroughly scrub the spot on the carpet. When no more can be washed out, wet the sponge with a weak solution of oxalic acid, and after a few moments wash off with cold water, and finally sponge with weak ammonia water, to neutralize any of the acid that may remain in the carpet

PUZZLES.

CHARADE.

My first is truly born of heaven.
A character divine;
When the great sacrifice was made,
Most radiant did it shine.

My second is used to numerate;
By it the number is given,
How many Gods in heaven and earth.
How many paths to heaven.

My third's a word that means one more.
My whole by Christ was spoken,
A sweet command, obeying which
We show his followers' token.

HOW MANY BOOKS OF THE BIBLE DO YOU FIND IN THIS POSTAL?

Dear O.—Mansfield has jobs in Col. Ossian set him to marking sheep. He's Ian's best herder.

He wrote, "Joe Levit I customarily camp with, and I had made Ute Rono my pet, ere I knew Joe called him names—animal, a China humbug, etc. At last it used to make Rono feel so bad, I—a—headed his lamentation, so have changed to Elisha Bak.

"Ku-Klux men killed Maj. Ames at Galat."

I answered, "Those acts are insane. He (Miah) was a most worthy man."

Judge Shag gained the Brewster case. Ada Neilson was called to prove R. B. sound in mind.

Is Ai a helpless boy? I heard a number say his trouble had become chronic.

Lester told Eugene sister Ruth has reached Corinth. I answered the letter from Philippi.

Anson composed the solo Monsson gave at the revel at Ionia, beginning—

"I love thy sex,
O dusky maid"

I have heard the tune once on a banjo H. N. Samu (Ellen's uncle) sometimes plays.

Did I tell you of Ah Hop's almsgiving? He bought Mic. a hoop and me a mat, the width of the entry.

If you hear from Hez, Radcliff, or Lu., keep me posted. As ever yours,

P. HILEMON.

REBUS.

P

TY

CHARADE.

My first in temper always is,
And for a termination
Transpose your cane and then you have
The curse of every nation.
S. MOORE, QUEBEC.

SIX HIDDEN RIVERS.

The brooks are frozen.
Kitty, never do that again.
I asked Enos if he was going to school to-day.

Edwin and John went to the lecture.
Did you put the soap on the shelf?
Come and see this Freddie.

LEILA A. ANNEND.

ANSWERS TO PUZZLES OF JULY 15.

Blank Word Square.—

OCEAN
CARGO
ERMIT
AGILE
NOTES

Arithmorems.—Cicero, marigold, indigo, scarlet, mackerel, several, reveals, Marion, service, Wayland.

Logograph.—Jungle, bungle, lunge, lung.

Proverb.—The fear of the Lord is the beginning of wisdom.

Submerged Archipelagoes.—1, Anson's. 2, Grecian. 3, Central. 4, Louislade. 5, Mendana. 6, Magellan. 7, Gilbert.

Final Changes.—Mina, mine. Marie, Maria. Moody, moods.