

HOUSEHOLD RECEIPTS.

STRAWBERRY AND RICE DESSERT.—Soak a cupful of well-picked rice in one and a half cups of warm water for one hour, then add to it one and a half cups of new milk; place all in an earthen dish, and set in a covered steamer over a kettle of boiling water. Steam for one hour, or until dry and tender, stirring occasionally with a silver fork the first fifteen minutes. When the rice is done place in the bottom of some cups previously moistened with cold water, five nice, hulled strawberries in the shape of a star. Fill the interstices between the berries carefully with the boiled rice, and then cover the berries with a layer of rice. Add next a layer of strawberries and then another layer of rice. Press it firmly into the cup and set away to cool. When well molded, turn into saucers, and pile whipped cream around each; sprinkle with sugar and serve. A little care in forming the stars and filling the molds makes this a delicious and pretty dessert. If preferred, the dessert may be prepared in one large mold, and a larger number of strawberries arranged in the form of a cross in the bottom of the dish, covering with rice, and adding as many alternate layers of strawberries and rice as desired.

STEAMED FIG PUDDING.—Moisten two cupfuls of finely grated Graham bread crumbs with half a cup of thin, sweet cream. Mix into it a heaping cupful of finely-chopped fresh figs, and a quarter of a cup of sugar. Add lastly a cup of sweet milk. Turn all into a pudding dish, and steam about two and a half hours over a kettle of boiling water. Serve as soon as done with a little cream for dressing. Care must be taken that the process of steaming is not interrupted in any way. Do not allow the fire to slacken, and on no account replenish the water with anything but that of boiling temperature. Do not open the steamer, and let the cold air on to the top of the pudding, if you wish it to be a success.

MAY PUDDING.—One pint of well-steamed pearl barley, two cups of finely chopped best figs, one-half cup of sugar, one-half cup of nice, sweet cream, and one and one-half cups of fresh milk. Mix altogether thoroughly, turn into an earthen pudding dish, place the dish in an oven in a pan half full of boiling water, and bake slowly till the milk is nearly absorbed. The pudding should be stirred once or twice during the baking so that the figs will be distributed equally through the pudding, instead of rising to the top. The pudding when done, should be moist and homogeneous. It requires no dressing.

RICE AND FIG DESSERT.—Steam a cupful of best rice in two cups of milk and one of water until perfectly tender and dry. Have ready a cup of chopped figs, which have been stewed in a pint of water, to which was added one tablespoonful of sugar, until they are all one homogeneous mass. Arrange the rice on a hot dish, place the stewed figs in the centre, and serve hot with cream or without dressing.

SAGO PUDDING.—Soak a cupful of sago for twenty minutes in a cup of cold water; then turn over it a quart and a cupful of boiling water, and add a cup of sugar and one half cup of raisins. Cook till the sago is perfectly transparent, flavor with vanilla, and set away to cool. Serve with whipped cream.

FARINA BLANC MANGE.—Heat a quart of milk, or serving one-half cupful, to boiling. When boiling, add a little salt, two tablespoonfuls of sugar, and four heaping tablespoonfuls of farina, previously moistened with the reserved half cup of milk. Let all boil rapidly for a few minutes, till the farina has set, then place in the double boiler, or a dish set in a pan of boiling water, to cook an hour longer. Turn into cups previously wet with cold water to cool. Serve with sugar and

cream, flavored with vanilla or a little grated lemon rind. Red raspberry, strawberry, grape, current, cranberry cherry, and plum are all good. If desired, the milk which the blanc mange is prepared may be first flavored with cocoanut, thus making another variety.

APPLE TART.—Pare and slice some quick cooking, tart apples, and place them in the bottom of a pudding dish with a tablespoonful of water. Cover with a crust prepared in the following manner: into a cut of thin cream stir a gill of yeast and two cups of flour; let this become very light, and then add sufficient flour to mix soft. Knead for fifteen or twenty minutes very thoroughly, roll evenly, and cover the apples; put all in a warm place until the crust has become very light, then bake. If the apples do not bake easily, they may be partially cooked before putting on the crust. Dish so that the fruit will be uppermost, and serve with cream and sugar.

GOOSEBERRY TART.—Fill a pudding dish with well prepared green gooseberries, adding a tablespoonful or two of water. Cover with a crust as for apple tart, and when light, bake in a moderately quick oven. Cut the crust into the required number of pieces, and dish with gooseberries heaped on top. Serve with sugar and cream.

CHERRY TART.—Prepare the same as for apple tart, with seeded cherries, only omitting the water, as the cherries will be sufficiently juicy of themselves. If the fruit is very juicy, sprinkle a tablespoonful of flour over it before putting on the crust. Plum and peach tart may be made in the same manner, and are both very nice.

PRUNE AND TAPIOCA PUDDING.—Soak one-half cup of tapioca over night. In the morning boil till transparent in just sufficient water to cook it and prevent burning. Stew two cups of well-washed prunes in a quart of water till perfectly tender, then add the juice of a good lemon, and two tablespoonfuls of sugar, and boil till the syrup, of which there should remain but a spoonful or two, becomes thick and rich. Then put the prunes into a pudding dish, and cover with the cooked tapioca, with which should be mixed a little grated lemon rind. Bake lightly in the oven. Serve without dressing, or with sugar and cream.

VIGOROUS GIRLS.

The time has come when weak spines, headaches, flabby muscles and feeble, sweet delicacy have become unfashionable. An eminent London physician has lately written, in the warmest terms, a letter recommending gymnastics for girls. She of the sparkling eye, the strong, round arm and the deep chest, the maiden who can swim and row, and ride horseback, and tramp five miles—this is the girl the times demand. This is the girl for the higher intellectual education. Careful attention to physical culture, air, exercise and sunshine, will do away with two-thirds of the sickness that now affects the female sex; but it will not destroy any of the gentler qualities. The perfect woman, who will one day, we hope, bless the world, will have a sound, active body, a cultivated brain, and at the same time all womanly graciousness and sweetness. —*Frank Leslie's Illustrated Newspaper.*

Very odd is the notion of a seaside hat, "The Neptune," the fancy of a Paris milliner. It is a large capote of a gray-green rushes, bordered around the brim with gray-green plush, and on one side an aquatic miniature landscape composed of water plants and sea weeds, a pretty pink-lined shell, and a small green frog dressed in green velvet and pale yellow silk, with great melancholy eyes looking at you through the rushes.

DUMPY WOMEN.

Women, especially those of the upper classes, who are not obliged to keep themselves in condition by work, lose after middle age, sometimes earlier, a considerable amount of their height, not by stooping, as men do, but by actual collapse, sinking down, mainly to be attributed to the perishing of the muscles that support the frame, in consequence of habitual and constant pressure of stays and dependence upon the artificial support by them afforded. Every girl, says *The Lancet*, who wears stays that press upon these muscles and restrict the free development of the fibres that form them, relieving them from the natural duties of supporting the spine, indeed incapacitating them from so doing, may feel sure she is preparing herself to be a dumpy woman. A great pity! Failure of health among women when the vigor of youth passes away is but too patent and but too commonly caused by this practice. Let the man who admires the piece of pipe that does duty for the human body picture to himself the wasted form and seamed skin. Most women, from long custom of wearing these stays, are really unaware how much they are hampered and restricted. A girl of 20, intended by nature to be one of her finest specimens, gravely assures one that her stays are not tight, being exactly the same size as those she was first put into, not perceiving her own condemnation in the fact that she has since grown five inches in height and two in shoulder breadth. Her stays are not too tight, because the constant pressure has prevented the natural development of the heart and lung space. The dainty waist of the poets is precisely that flexible slimness that is destroyed by stays. The form resulting from them is not slim, but a piece of pipe, and as inflexible. But, while endeavoring to make clear the outrage upon practical good sense and sense of beauty, it is necessary to understand and admit the whole state of the case. The reason, if not the necessity, for some sort of corset, may be found when the form is very redundant; this, however, cannot be with the very young and slight, but all that necessity could demand, and that practical good sense and fitness would concede, could be found in a strong elastic kind of jersey, sufficiently strong, and even stiff, under the bust to support it, and sufficiently elastic at the sides and back to injure no organs and impede no functions. Even in the case of the young a slight and elastic band under the false ribs would not be injurious, but perhaps the contrary, serving as a constant hint to keep the chest well forward and the shoulders back; but every stiff, unyielding machine, crushing the ribs and destroying the fibre of muscle will be fatal to health, to freedom of movement, and to beauty; it is scarcely too much to say that the wearing of such amounts to stupidity in those who do not know the consequences (for over and over again warning has been given), and to wickedness to those who do.

Sir Isaac Newton, when writing his *Principia*, lived on a scanty allowance of bread and water, and a vegetable diet.

A pretty summer costume is made as follows: The skirt of golden brown satin merveilleux laid in double box plaits, with princesse polonaise above of cream-colored mousseline de soie printed with brown flowers, and trimmed with cream and crown lace jointly, there being a ruffles of each where this decoration appears. The bonnet of straw is covered with cream lace, with a group of brown butterflies perched on an aigrette of a pale cream tint. Brown silk gloves meet the elbow sleeves, and brown silk hose, with bronze Langtry half shoes, complete the harmonious details.

FUN FOR THE LADIES.

Before marriage: Wooded and won.
After marriage: Wood and one.

"Madame," said a gentleman, offering a rose to a lady, "allow me to present you to one of your sisters."

"I preserve my strength by husbanding it," said a wife as she ordered her better half to bring in a bucket of coal.

A Good Reason—He: "Why do you like me best when I am silent?" She: "Because I can then imagine I am alone."

The girl who succeeds in forcing a young man to spend his last cent in treating her to ice-cream renders herself liable to arrest for robbing the male.

The public schools are now closed, and the schoolmarm has two months to study over which is the best for them, to get married and be bossed by a man, or to remain single and boss the boys.

Mistress (horrified)—"Good gracious, Bridget, have you been using one of my stockings to strain the coffee through?" Bridget (apologetically)—"Yis, mum, but shure I didn't take a clane one."

A society editor got himself into a very unpleasant predicament in his effort to explain how plainly a lady was dressed at a reception by saying that she wore no jewellery and the remainder of her toilet to match.

An Uncertainty—Husband: "The Browns are still living in New York. Very nice people, and we are under obligations to them." Wife: "I'd ask them out here to spend the summer with us if I was certain they couldn't come."

Another New York belle has married an Italian prince. He is a real one. He runs six chairs, five bath-rooms, and the "brush" is dressed in livery. There isn't a nicer shop in any country town in America.

"Just to think," said the Vassar graduate; "here is an account of a train being thrown from the track by a misplaced switch. How utterly careless some women are about leaving their hair around." And she went on reading and eating caramels.

Mother—"What did you mean by introducing me to Mr. Brown as your aunt?" Daughter: "Forgive me, mother, but Mr. Brown appears to be on the point of proposing, and it wouldn't do to run any risk just now, you know. He has a strong prejudice against mothers-in-law."

Soap-bubble parties should be encouraged among young ladies, and the young men in selecting brides should shun those females who blow large bubbles, for at last their blowing-up propensities are turned in the direction of the old man, and great is the blowing up he getteth therefrom.

A western paper says that a wild woman is running at large in the mountains of Oregon. But whether her wildness was caused by the refusal of a husband to crown her with a \$17 bonnet or the declination of her young man to help to shingle the roof of the village ice-cream dealer does not appear.

The wise men tell us that the whale lives about four hundred years. Since the days of the patriarchs, however, no man has ever taken a whale from the breast and raised it to old age. A whale would be a good thing for a man to buy who hated to part with a pet after he became attached to it.

A soap-peddler is meeting with amazing success in the New England towns. The way he lassoes his victims is like this: When the front door bell is answered by the lady of the house, no matter if she does look old enough to have voted several times, he politely inquires: "Is your mother at home?" This little piece of strategy always insures him a sale, and the older the customer the larger the sale.