

HOUSEHOLD.

'No Time to Pray!'

'No time to pray!
Oh, who so fraught with earthly care
As not to give to humble prayer
Some part of day?

'No time to pray!
'Mid each day's dangers, what retreat
More needful than the mercy-seat?
Who need not pray?

'No time to pray!
Must care or business' urgent call
So press us as to take it all,
Each passing day?

What thought more drear
Than that our God his face should hide,
And say, through all life's swelling tide,
'No time to hear!'

—Selected.

On Water-drinking.

A beginning of much trouble lies in the fact that people do not drink enough water. They pour down tumblerfuls of ice water as an accompaniment to a meal, but that is worse than no water, the chill preventing digestion, and indigestion being an indirect promoter of disease. A tumbler of water sipped in the morning immediately on rising, another at night, are recommended by physicians. Try to drink as little water as possible with meals, but take a glassful half an hour before eating. This rule persisted in day after day, month after month, the complexion will improve, and the general health likewise. Water drunk with meals should be sipped, as well as taken sparingly.

Ice water ought never to be drunk with one's meals, and as little as possible between meals. One never knows what is being taken into the stomach in water filled with chipped ice. Better fill bottles with water and allow them to stand beside ice to chill until required. Ice water, poured hastily down the throat, reduces the temperature of the stomach, and it takes more than half an hour to recover the heat it has lost. Cold water, slowly sipped, will not be followed by such a result, cooling the system pleasantly in hot weather without chilling the glands of the stomach so that digestion cannot take place.

In some cases, where the hot water cure for indigestion is used with discretion, there is really much benefit from it. When hot water is taken to excess, often at such a temperature as to scald the tongue and palate in drinking it, instead of curing indigestion it will make it worse.

There are certain tests of water which even the woman without the smallest knowledge of chemistry can make. She may pour a pint into a perfectly clean bottle, cork it securely, and allow it to stand five or six hours. Instantly on withdrawing the cork smell the contents; if it has an unpleasant odor, no matter how faint, beware; or fill a four-ounce bottle with water and into it drop a bit of alum the size of a coffee bean. Let it stand over night. You may judge of the purity of the water by the sediment deposited at the bottom of the bottle in the morning. These simple tests, of course, do not detect all kinds of impurities.

The roomy country houses built a century ago, which appeal to a searcher after a summer boarding place, unless modernized, are apt to be the very places which may have a deadly disease record. Our forefathers knew little about the laws of sanitation, and when laying out their homesteads were apt to plan first the site of the house, then the barns and outhouses; last of all they dug a well in the spot most convenient to the kitchen door. Many a time it might be a spring on a side hill down which drained the sewage from the house and barns. Vegetable decomposition in water may be unpleasant, but not dangerous; animal decomposition is drunk at the peril of one's life. The chief jeopardy is that frequently the most polluted water is clear as crystal, sweet and sparkling. Look well to the situation of a well where you plan to sojourn. If it is at a safe distance

from the stables and outhouses, on a level with them, and is sheltered from outdoor contamination, it is fairly certain to contain healthful water. You can frequently guess at its safety by considering the vegetation about it. Patches of brilliant green grass or lusty weeds might indicate ground enriched by barn sewage. On level ground a well ought never to be nearer stables, pigsties, outhouses or a dwelling than sixty feet; if on an incline, two hundred feet. Wells should be covered always; if not it does not take long for them to accumulate decaying vegetable matter, dead and living reptiles, and all sorts of filth. The water above the filth may be of crystal clearness.

I fancy hard drinks have more to answer for in a case of hardened arteries than hard water,' says a physician. 'I'll confess I would rather drink hard water than wash in it. The human body requires lime. We find it in meat, vegetables and many of our foods. If a child were to have its lime supply cut off by boiling the water, a process which precipitates lime, as every housewife knows who has tried to keep the inside of a teakettle clean, it would grow up rickety of limb, pale and without stamina. I should boil water for drinking which I knew to be impure, but not to get rid of the lime in it. Indeed, hard water is often prescribed for rickety children.' —'Good Housekeeping.'

Flies and Ants.

Equal parts of oil of lavender placed in small dishes about a room will, it is said, keep away flies, as they dislike it. It may also be sprayed with an atomizer all over the room even on the tablecloth, for it will do no harm, and makes the air in the room very agreeable. To rid the house of ants, put tar paper under the regular shelf paper in closets.

Selected Recipes.

Chicken, Cuban Style.—Cut up chicken as for a fricasee. Dry each piece and dip in beaten egg and roll in cracker dust; season with pepper and salt and fry each piece very brown in half butter and half lard. When nicely browned add a cup of hot water, cover and simmer half an hour. Then take out chicken and put on plate in warming oven. Have ready a bowl of rice cooked in the following manner: One cup of rice washed in several waters—the more the better—when well washed pour over it two quarts of hissing hot water, add one teaspoonful pure sweet lard, two scant teaspoonfuls of salt. Let it boil rapidly for fifteen minutes, or until tender; some rice takes a few minutes longer. Stir but once through coarse sieve; put it into the frying-pan liquid, which the chicken had simmered in, add two tomatoes (canned or fresh) chopped fine, a chile pepper, also chopped fine. Toss all together lightly with a fork. Pile in the centre of platter and lay around it the pieces of fried chicken. Garnish with parsley.—Chicago 'Herald.'

Tapioca Cream.—Soak two tablespoonfuls of tapioca in a pint of cold water for two hours. Make a cream with the yolks of two eggs and a pint of milk; add the tapioca, with sugar and vanilla flavoring to taste, and boil till the tapioca is tender. When cooled

a little, stir in the whites of two eggs beaten to a stiff froth. Serve in a glass dish. This goes very well with stewed fruit.

Cromer Puding.—Required: Six ounces of flour, six ounces of stoned raisins, six ounces of sugar, four ounces of finely chopped suet, and one large tablespoonful of marmalade. Mix with half-teaspoonful of carbonate of soda in half a cupful of milk. Boil for three hours.

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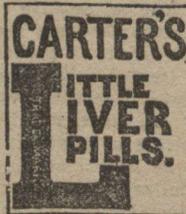
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