

HOUSEHOLD.

ADVERTISEMENTS.

House-Cleaning.

When the garret is easy of access we would advocate the cleaning of it first, as it will then be ready for the storing of stoves and other articles not in use during the summer. Trunks or packing boxes should be kept as receptacles for winter flannels, blankets, etc., first carefully wrapping the latter in newspaper. A few cedar chips placed in the trunks and boxes are said to be a sure preventive of moths. It is a good plan to look over all half-worn clothing, reserving that which would be of use to the poor another winter, and casting aside any that if left in the garret would prove only a hiding place for mice and moths.

Sleeping rooms should be thoroughly cleaned; viz., by taking up carpets, cleaning wood-work, windows and floors. Where the ceiling is kalsomined, freshen by a new coat. Paper walls may be cleaned by dusting with a feather duster or a piece of flannel fastened on a broom. Any soiled places may be cleaned by rubbing with a piece of stale bread or dry Indian meal. Closets in connection with each room should be cleaned at the same time. When the paint is not much soiled, a little ammonia in the water with which it is cleaned is much better than soap. Mattresses and pillows should be placed in the sun, and well beaten. If we have inherited from our grandmother a luxury of 'ye olden time'—a feather bed—do not place the bed in the sun, but on a windy day place in the shade and beat thoroughly.

Next in order the halls should undergo a similar process. While the parlor carpets may not necessarily require taking up, the walls and ceilings should be dusted, paints cleaned, etc. It is a very good plan to take down lace curtains during the summer, as it will preserve them from the tender mercies of the washtub for a much longer length of time.

Living rooms require a semi-annual cleaning, and for this reason rugs are much in vogue. Add something new to the living room to brighten and give it a fresh appearance, even though it be as simple a thing as a new picture, or a knot of bright colored ribbon. One could hardly conceive what a difference a simple scarf or head rest makes in the aspect of a room until one has tried the effect and learned by experience. In connection with the kitchen come the pantry and china closet. It seems foolish economy to stow away broken crockery with the intention of mending it, unless it be a choice piece. China and glass are selling at such low rates that it would seem folly to set one's table with mended dishes.

Last, but by no means least, comes the cellar. A good coat of whitewash is essential to a pure cellar, and a very good plan is to keep a pail of unslacked lime sitting where it will absorb the moisture. Be sure to clear out all decayed vegetables that may have accumulated during the winter, although that should be attended to once a week. Keep the windows open during the day, that a current of air may pass through continually, making the room above less liable to dampness. The theory that closed windows during the day, and open at night, will ensure a cool cellar, may be to a certain extent true, but as all cool air is not always pure, we think it more essential to secure the pure air, even at the risk of not having so cool a cellar.—'Christian Work.'

Hints on Health.

THE VALUE OF FRESH AIR.

Vigorous breathing is essential to good health, for the oxygen of the air is the best of all 'medicines' for the lungs. Therefore, the more of the oxygen we breathe into our lungs the purer will be our blood, and the better in consequence will be the condition of every organ of the body. Endeavor to breathe vigorously with the waist muscles, for the complete filling of the lungs requires the constant use of the muscles.

A WORD FOR DYSPEPTICS.

When greatly fatigued, it is extremely unwise for those who suffer from dyspepsia to eat heartily, even of plain, well-cooked food, and, under these circumstances, it becomes exceedingly dangerous to eat indigestible arti-

cles of food, as pork, veal, cucumbers, etc. If dyspeptics will observe caution in regard to taking rest before eating, it will materially aid their digestive powers. It is a good plan for the dyspeptic to take a daily nap. Sleep is food for the nerves; therefore, not only is the daily nap excellent, but early hours should be observed, so that there be sufficient sleep to restore and invigorate the system.

CARE OF CONVALESCENTS.

With convalescence come manifold dangers that must be guarded against with jealous care. A single act of imprudence then may render unavailing all the watchful anxiety of the previous weeks. An invalid is liable to take cold when first allowed to sit up. The room should be slightly warmer than usual, the chair or couch on which he is to sit, covered with a blanket, and he himself well wrapped in blankets and shawls. If possible, close fitting flannels should be worn, and the feet must be covered with stockings. He should not be allowed to remain too long out of bed the first time, and it is well to have it warmed before he returns to it. No visitors should be admitted, and all excitement must be avoided until he has had time to rest after the exertion.—'Presbyterian Banner.'

Selected Recipes.

Philadelphia's Famous Scrapple.—To make Philadelphia scrapple, says the 'Ladies' Home Journal,' stew two pounds of fresh pork until thoroughly done. Take the meat up and add enough water to the liquor in the kettle to make a quart. Remove the bones and chop the meat, then put it back in the kettle. Season, adding sage or summer savory and onion, if desired. Then sift in corn-meal, boiling slowly and stirring as if for mush. Make it thick enough to slice when cold. Turn into a dish, and when wanted for the table, slice and fry in drippings. The quantity may be increased, as it will keep a long time in winter.

Little Dishes.—We have a cup of boiled rice, left over from some of yesterday's meals. We will have a little side dish, rice fritters of this, at one moment's notice, and they can be fried in a few moments. They will just suit the wants of some one at the breakfast table. Make them to taste well and then don't forget to make them look well, even look pretty. To the cup of rice add nearly a cup of sweet milk, one egg, one teaspoonful of sugar, half teaspoonful of salt, one teaspoonful of baking powder and flour

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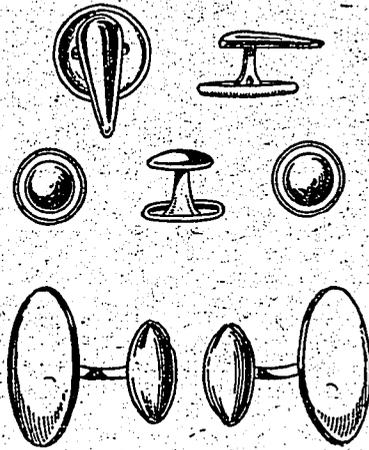
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enough to make a stiff batter. Fry brown, in thick spoonfuls in hot lard. But there are some who won't eat fritters because they are fried. For those make a few slices of hot toast, toasted evenly and delicately, dipped one instant in boiling water and well buttered. Set in the oven one moment before serving. Put two slices of this same buttered toast on a small platter, and pour over the cup of tomatoes left at yesterday's dinner, made hot and well seasoned. This will just strike somebody's appetite too, and the last two dishes, though almost no outlay, will give variety, and be sure to fit in well with the main dishes. An apt manipulator in kitchen and cooking matters could easily have this simple breakfast ready in half an hour.

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