

THE HOUSEHOLD.

SOME SMALL ECONOMIES.

MAKING A LITTLE GO A GREAT WAY—TAKING THE COOK INTO CONSULTATION.

To be able to make a little do much, whether she wishes it or takes pleasure in it, is the task set for many a woman, but she may cultivate such a condition of mind as to find genuine delight in her accomplishment. There are higher planes of enjoyment, possibly, but I know of no more satisfying emotion than that which fills the mind after one has made, for example, a child's suit, so new and "boughten" in appearance that it would deceive an expert, out of an old and otherwise useless garment, and thus has saved its cost, which may be applied to higher uses than simple clothing.

One may be a genius in economy, and so have means to be open-handed and generous in good causes which otherwise could not receive an impetus from her hands.

In all connected with the table these small economies may be practised with most surprising results. If any woman who has not hitherto given attention to the matter will estimate how much she can afford to spend each week, and then will plan her meals with reference to this amount, she will in many cases find that she can fall even below the estimate.

The time and energy given to it will not be so "wearing" as in the uneasy feeling confessed to by many women that they are not doing their part in the working of the home machinery; that they are in reality silent partners, or, more strictly, partners without a voice in the saving and wise expenditure of the income; it haunts them at their embroidery and painting; it takes morning walks with them; it goes to concerts and receptions with them.

"How do you find time to look after your house, and table, and children, and church and still have time to read and write?" asked one of these uneasy ones of a friend.

"I believe it is because I am such an economist," was the reply; "I economise time and money both, and feel so happy and satisfied since I really learned to do so that I have all the time at my disposal that I used to spend in regretting and worrying. I am absolutely certain that I am doing my very best with the money my husband puts into my hands to carry on the house with, and you have no idea what a calm that induces in your spirit! I have taken the cook into my counsels; together we go over the week's table expenditure and see if we can improve upon it, and she is very grateful to me, because she expects to have a home of her own in a year or two, and she is glad to learn the value of things. I know, of course, that she is an extraordinary girl, but most of my girls have had virtues when I have been well and patient."

"But how do you find time? that is what puzzles me."

"How long does it take, do you suppose, to plan out the meals for a day, estimate the cost?"

"Why, an hour or two."

"Just fifteen minutes. After dinner I investigate the condition of the pantry and decide upon what we need and will have."

To use up the odds and ends is certainly a worthy aim; it is a duty also, when we reflect that we are by our conduct of our household giving effective object lessons to the ignorant and impressive girls who work under our direction.

Every writer upon household topics has emphasized the point that a crust of bread or bit of cake should never be thrown away. It needs still further emphasis, but this should be accompanied with a caution. It is not economy to add eggs, sugar, milk or flavoring to some bread or cake crumbs and then throw the whole away simply because the pudding thus concocted was not a success.

Frank Castlewood, the cousin of Henry Esmond, wrote to his mother that his wife "Clotilda is the cleverest woman in Brussels, understanding painting, music, poetry and perfect at cookery and puddens." The latter fact he learned while boarding with her at her father's, and he added, "They have a law suit for an immense sum, but are now in a poor way!"

Clotilda's "puddens" were doubtless "economy dishes," but Frank Castlewood never suspected it. The family of a wise woman will never be allowed to suspect that the dainty dish which crowns the meal, in

the children's eyes at least, has more than one raison d'être! There is a prejudice existing in the mind of the most economical man against such dishes. It is absolutely necessary to proceed with delicacy; measure carefully, and do not use more bread, because you have it and can just as well as not, than the receipt calls for.

Here is one rule, which if carefully followed, might be claimed by Clotilda herself, without loss of reputation:—Pour over a teacupful of fine bread crumbs a pint of milk heated to the boiling point, let that stand for half an hour; beat four eggs very light, mix with the milk and bread, add sugar to the taste, a lump of butter the size of half an egg, a teaspoonful of lemon extract and a little grated lemon peel. Butter some small cups (by the way, always save cups from which the handles are broken for such uses), put a few currants or raisins into the batter and then pour into the cups until they are a little more than half full. Bake in a moderate oven for half an hour. Cake may be used in place of bread. If part of a loaf has become stale and dry, steam it until it is soft enough so that it can be cut into slices without crumbling; line a pudding dish with the slices, spread them with currant jelly and then pour over them a custard. Bake for half an hour. A plain sauce may be served with both these puddings.

Slices or bits of cold meat should never be wasted, as there are so many ways of rendering them appetising. If tired of corned beef hash, try this way of preparing some slices, which are cut very thin:—Drain some vinegar from home-made chopped or mixed pickle, heat it in a saucepan, then put the cold meat into it. Serve hot. Cold tongue treated in this way is nice also.

Cold roast beef may be used thus:—Place a layer of the slices in the bottom of a shallow pudding dish, put pepper and salt and some very thin bits of onion on each slice, and cold gravy or little pieces of butter, then put in another layer of meat and so on until all is used; cover the top with a layer of mashed potatoes. A teacupful of potato saved from dinner may thus be utilized. If you have more than enough for the top layer, put it in the bottom of the dish. Bake for half an hour and see that the top is nicely browned.

Another way to use cold roast beef is to cut it into fine shreds; make a batter of the whites of two eggs, two tablespoonfuls of water, a lump of butter the size of a butter-nut, and flour enough to make it about as thick as for fritters; add the beef with a little pepper and salt, drop from the spoon into hot lard, and fry until brown.—*Good Housekeeping.*

HINTS FOR THE SHORT DAYS.

BY SUSAN BUSYBEE.

These brief days seem still more brief than they are to the busy house-wife. Where three square meals between daylight and dark are required for a family of six or eight, these, with the subsequent dishwashing, absorb much of the time, leaving little enough for the many other indispensable labors. All that the anxious housekeeper can do is to bring her head to the aid of her hands, and marshal her forces in the most advantageous manner. A few moments given at night to the planning of to-morrow's labors, arranging meals and the like will, if it does not lessen materially the toil, at least render more easy its performance. When the housekeeper's labors are such that she cannot hope to accomplish them mainly in the early part of the day, she should not by any means leave to chance what the afternoon's portion shall be. Rooms should if possible, always be cleared up and set to rights in the morning, as their disorder is confusing and tiresome. Bread baking, cleaning of vegetables, baking or boiling of meats for the day, should also be accomplished before dinner. A half bushel or more of potatoes may be put into a tub of water, stirred about and washed sufficiently for paring, drained and returned to the cellar with little more effort than is required to wash a panful for dinner; then they are in readiness whenever wanted, and no more wetting of hands by potato washing through the week, which is an especial advantage to those whose hands chafe easily.

When the clothes are taken from the line such as have to be ironed at all should be folded, laid in the basket and set aside for afternoon work; then, when the dinner dishes are washed, hair brushed and dress

changed, when the stove is clear of pots and kettles and the irons piping hot, the ironing can be done with much less tax on body and mind than when the same is crowded in between the morning's work and the preparations for dinner.

Pie and cooky making may also with advantage be left till the afternoon. It is not necessary to have your cook room in confusion or yourself covered with grease and flour at these tasks; but you can instead have both in such trim that you can receive an unexpected caller or visitor in your work-room, unembarrassed and at your ease. Apples may be pared and sliced for to-morrow's pie making, or halved and cored ready to bake for to-morrow's dinner. Meat may be chopped for pies or hash; butter worked over and made into little pats for the table, spoons rubbed, lamps filled and trimmed, with many other things convenient for the afternoon.

Good brooms and carpet sweeper, feather duster and large, soft dusting rags, will serve to expedite the chamber and sitting-room work; while squares of coarse linen crash for dish-cloths, with an abundance of soft dish towels, will hasten the usually dreaded task of dish washing.

Plenty of soft water is indispensable, as also a large-sized dish pan, and a wooden tray for draining the dishes in. If the latter have a bar across through the centre, for turning plates and other large dishes against, so much the better.—*Christian at Work.*

HOUSEHOLD REMEDIES.

There is no falsehood more universally accepted as truth that is more deadly in its tendency than the belief that brandy, whiskey, rum, gin, and the alcoholic stimulants generally, are necessary as domestic remedies. If you value your children's best interests, never use wine or any of these beverages upon your table. Never use them for the ordinary ailments occurring in every household, for it is not necessary.

By alcoholic stimulants I mean everything which has alcohol in it, however disguised in name or character. Fruits and their juices, so valuable when fresh, are so unfit to use during fermentation as fermenting food. The juice of apples fermented become cider, and then takes its place in the same class as wine, brandy, whiskey, rum and gin. These with ale, beer and the punches—egg nog and mint juleps—should be kept out of the list of our home remedies as much as strychnine and arsenic.

The plea that stimulants make those who use them "feel better" and grow fat is full of deception. The fat and blood of those who use these articles is never healthful. In most guarded, moderate drinkers, physicians never expect the same favorable recovery from sickness or injury as in one who is extremely temperate.

In post mortem examinations and dissecting rooms, we see constantly the character of this fat, or rather bloat, which is so deceptive to the careless observer. I have seen the fat of a woman in high life, who had, for a few years previous to her death, "kept up" upon her regular portion of the best brandy, show the same foul degeneration as the fat of the common drunkard. This most undesirable accumulation of adipose piles up about the liver, kidneys, bowels and heart, penetrates the intestines between the muscles, burdening and impeding the natural action of the organs, until it requires a goad of some kind to keep them moving.

The more of such flesh any one accumulates the weaker he will become. It is no more reason for satisfaction than the pail of soap grease which might be carried in the hand. Alcohol does not furnish nutriment to the body or give real strength. During the alcoholic fever there is an appearance of strength which is wholly deceptive. It makes a fire so intense that the whole system is roused to fever heat and the brain to active congestion by it. It is this forceful driving of the brain and circulatory system while the alcohol fever is on that gives the false strength, and when the fierce fire subsides, leaves its subject so weak and exhausted: for here, as every where, action and reaction are equal, unnatural excitations are followed by undue depression.

Amischievous error, now misleading many of our overworked men and women, and shared, I am sorry to say, by many of our trusted physicians in good standing, is that this class of stimulants, from the purest brandy to the ale and beer in common use,

are valuable aids in securing sleep and are comparatively harmless. It is true that spirituous liquors, both in their moderate and excessive use, do, after a period of excitement, in most cases, produce sleep; but the rest thus obtained is widely different from the simple, quiet sleep of health; in natural sleep the blood vessels of the brain contract and carry a less volume of blood than when in an active state, much as the healthful stomach contracts upon itself, emptying its large vessels partially during its period of rest.

Under alcoholic stimulants the arteries and veins, even to the smallest brain capillaries, become overfilled and distended with blood; for this reason, the sleep thus secured is a sleep like the heavy sleep in apoplexy. The wall of the capillaries under such repeated distension, become more dilated and dilatible, until the unnatural engorgement is fixed and permanent, and the tissues are thickened, so that the power to contract is lost by the naturally elastic vessels. When such changes have taken place in the brain, the nervous system acts feebly, unless it is goaded by that fierce alcoholic fire which can make every passion demoniac and uncontrollable, until the frenzy is still in lethargic sleep. Every period of rest thus gained is at the expense of future recuperative power.—*Exchange.*

THE INCENTIVE TO OWN A HOME

The *Manufacturer and Builder* thinks that the man who is working to secure a small piece of property substitutes a new and distinct ambition for a remote and vague one. Day dreams about large estates and princely incomes may be very amusing, but they are not half so profitable as a vision of a lot 100x100, with a snug little dwelling upon it. With this before him, a man will rise early and retire late, turning his hand cheerfully to any and every kind of work. He will have a motive for rigorous economy which will make it a pleasure. He will have the vision of the last payment before him as a perpetual motive to moderation in passions, economy in expenses, abstinence from expensive pleasures and from expensive companions. Thus it will come to pass that a judicious debt, incurred at the beginning of a journeyman's or laborer's career, will become his good genius, watching over him, and inciting him to all industry and to self-government. Every laboring man ought to own his house. The first duty of the working man should be to convert his earnings into real estate.

TAKE LIFE EASIER.—The women of the country should give more time to rest and relaxation and less to routine housework. They should make fewer pies and less cake and do more sitting down in the rocking-chair on the porch. They would be far more useful in their families as the years go by. The woman who stays at home every day but when she "goes to meeting" on Sunday, who is always "doing for the family," will soon have no idea beyond the family circle, but none there to its advantage. She will be worn out physically and mentally early in life, and her children will begin to ignore her before they are gone.—*Chicago News.*

PUZZLES.

CHARADE.

My first is a master at times, or a slave,
Its sound bringing terror at dead of the night;
The men who subdue it are bravest of brave,
And fight hard to overcome it, although it be light.

My second the birds do, if so they're inclined;
Men fight it, although it is far from their size;
A paper is printed for them, and I find
They're considered a blessing, although in disguise.

My all you may see on a bright summer night
Outside of the house, and about on the grass,
Shedding at intervals sparkles of light
Not made by man's hands, nor confined under glass.

TEN ANAGRAMS.

1. Alice Dean's copy.
2. Oscar Vinton is late.
3. He is no tramp.
4. A short mile.
5. Scared Tom.

ANSWERS TO PUZZLES IN LAST NUMBER.

AN ENDLESS CHAIN.—Isle, leaf, afar, area, east, stir, iris.

WHAT IS IT.—A key.

RHOMBOID.—

M I A S M A R
S A H A R A
M A T S I R G
D E S E R R E
N E W E S T