

THE HOUSEHOLD.

TRUST FUNDS.

The old dictum that a man's work is from sun to sun, but a woman's work is never done, is as true now as in the days when she planted the seed, and weeded the ground and spun the flax, and wove the linen, and made the garment. Thousands of cultivated women in America do the work of house-servants, regularly, cheerfully, admirably, because they must, though their husbands would certainly not consent to a corresponding drudgery for economy's sake. Are washing and ironing, sweeping and dusting, baking, baby-tending, sewing on the machine, kneading bread, cutting out night-gowns and knickerbockers, hearing little lessons, enlightening little brains, and comforting little hearts—are these such airy pastimes as to be their own reward? Are they not worth wages as certainly as standing behind a counter, or keeping books, or following a trade? But no Saturday night or last day of the month brings her stipend to the woman, as to the man for whom she labors. He buys his stores and pays for them with a sense of manly independence; she receives hers as a favor and kindness from him.

Wives who have servants do not the less earn their living. All the thought and care which make the housekeeping both economical and elegant, the endless struggles with ignorance and incompetency below them, the grace and culture and refinement which turn a mere cook-shop, feeding-place, and dormitory into a home, the possibility of hospitality, the wise nurture of children, the beauty of the daily life, depend on the wife. But men who are liberal in their dealings with their fellows, prompt to pay servants' wages, proud to owe no man anything, do not recognize the money value of their wives' services, and bestow as a bounty what is due as a debt.

It is not good for either man or wife that one should be the patron, the other the beneficiary. It is not good that the treasurer of the partnership, the trustee of the funds, should conduct himself as if he were the owner. Whatever portion of the common income equitably belongs to the wife, she should be paid promptly and regularly as wages, allowance, or share, but always as a right, not as a favor.

In many cases this matter settles itself on a basis of justice. In many others the whole married life of the wife is passed in abasement of spirit because of her husband's substitution of a false theory of ownership for that of stewardship. It is true, of course, that there is a sentiment in marriage which rates the services of a wife above a mere money value. But this is an additional reason why they should at least be acknowledged in money. And a higher civilization than ours will be amazed that the right of the wife to her own purse should ever have seemed a question to be argued.—*Harper's Bazar.*

SLEEP.

Sleep in a well ventilated bedroom, if you wish to spend healthful, happy days.

The bed and the bedclothes have a deal to do with the amount of sleep one obtains. It would be impossible to lay down rules that would suit the cases of all my readers, but I may just say that people in good health ought to sleep on a not-too-soft mattress. The feather bed is not by any means a healthy one, nor, unless it be put under the mattress, is it one that is conducive to sleep. The bed-clothes should never be heavy, but they ought to be warm. An eider-down quilt is a capital thing, but it is too hot for the summer months. The pillow on the bed should be particularly well arranged for comfort. One ought to be very large, so as to quite support the shoulders, and it should be elastic and not too yielding; it is an uncomfortable feeling that of sinking in a pillow.

Hot water bottles or hot sand bags do good in many cases, while in others they do injury by inducing a nervous, fidgety, feverish condition of body. Young healthy girls and boys have no business with any such luxuries. Curtains around beds are objectionable, they keep away the air.

Darkness and silence conduce to sleep. Unhappily, the latter is not always obtainable, although if one does not sit up late, sleep will be got during the stiller hours of the night, and there really is some truth in

the old proverb about one hour's sleep before midnight being worth two after. Night-lights should only be used in sick rooms and they ought to be so placed that while the rays do not fall in the sleeper's eyes, neither do they make ghostly shadows on the walls or ceiling.

A warm bath, or a tepid, or even a Turkish bath taken before going to bed, is an excellent and very safe means of procuring sleep. Both the former act by determining the blood from the brain towards the skin, and also by calming the nervous system.

The mind should be as calm as possible before lying down to rest, therefore one should undress leisurely, wash the feet and hands and face, the latter with cold water, then read and contemplate for some time before lying down. The light ought to be put out immediately after it, not before lying down.—*By a Physician.*

BROKEN BREAD AND WHAT TO DO WITH IT.

There is one bread pudding which is cheaply and easily made; yet it is very wholesome, and not by any means to be despised.

Cake Pudding.—Put a quantity of broken bread into a bowl, pour boiling water on and soak until quite soft. Drain away the water, not too dry, and beat the bread until quite free from lumps, add a good slice of butter, sweet dripping, sugar and chopped lemon-rind, with a few currants or raisins. Pour the mixture into a well greased pie-dish, and bake until it is brightly browned on the surface. Sweet sauce or a little jam may be served with this pudding, and surely even the most rigid economist would not object to this, seeing that neither eggs nor milk enter into the composition of the dish.

Boiled puddings which are made of a mixture of suet and flour with flavorings (and their name is legion) will be much lighter if the proportion of flour be made of two parts bread-crumbs and one part flour. Stale bread cannot easily be crumbled to the last bit. Where it is possible, therefore, it is an economy to procure what is called a "rotary" grater. This little machine will speedily save its cost in the prevention of waste it will render possible.

After all that is said, the most certain way of preventing waste in bread is the very obvious one of being careful in cutting it. If a little thought is given to this matter, so that one loaf is finished before another is begun; if children are taught that they must not leave small portions of food, but make "tidy plates," as it is called, and if everyone in the house follows the same rule, there will be little need for contrivances in order to use the "pieces." A good deal may be done also by looking after the condition of the bread-pan. If this be kept covered so that the bread does not become dry, if it is wiped out every day with a damp cloth, and, above all, if stale pieces are not allowed to accumulate in it, but be used in the ordinary way before they become stale, the receipts which I have given here will not be required.—*Exchange.*

FRANCIS E. WILLARD ON HIGH LIVING.—I have formed a settled conviction that the world is fed too much. Pastries, cakes, hot bread, rich gravies, pickles and pepper sauces are all discarded from my "bill of fare," and I firmly believe they will be from the recipes of the twentieth century. Entire wheat flour bread, vegetables, fruit, fish with a little meat, and milk as the chief drink, will distill, in the alembic of the digestive organs, into pure, rich, feverless blood, electric but steady nerves, and brains with which they can "think God's thoughts after him," as they have never yet been thought. This is my recipe: "Plain living and high thinking," and this my warning: "With high living you will get exceedingly plain thinking." Yours for stomachic rights.

BARLEY SOUP.—Put into a stock-pot a knuckle of veal and two pounds of shoulder of mutton chopped up; cover with one gallon of cold water; season with salt, whole peppers and a blade of mace; boil, for three hours, removing the scum as fast as it rises. Wash half a pint of barley in cold water, drain and cover it with milk, and let it stand for half an hour, drain and add to the soup; boil half an hour longer, moderately; strain, trim the meat from the bone, chop up a little parsley or celery tops, add a tablespoonful to the soup and serve.

THE WEEKLY MENDING.

BY ALLIE E. WHITAKER.

No task is so generally discouraging in housekeeping as a basket of stockings to mend, as they are something that are always wanted and cannot be mended properly in a hurry. There must be a deal of patience woven into the warp and woof which shall nicely fill those great, gaping holes in the heels of the men's hose, or at the knees of the children's stockings.

It has been said that "some women are born menders and lay each patch so tenderly and darn so evenly, that the humble work becomes in their hands a work of art." We have in mind one of that kind whose mending was a wonder to those who examined it. She was an adept at needlework and embroidery, and when advanced years and invalidism made her a close companion to the arm-chair and mending basket, she brought to the humble task all her knowledge of the higher branches of needlework until there was a positive beauty in her work. One of her secrets was that after the work was completed it was carefully pressed and this is what always ought to be done to stockings after darning. Even the coarsest sock is greatly improved by pressing. If one is prepared with good needles and various colored yarns mending stockings ought not to be called a bugbear.

There are wooden eggs and balls for slipping inside the stocking, but nothing is so good as the hand which helps the needle by stretching and holding in proper place the worn portions. Begin darning by running the yarn one way across the hole for a warp extending it half an inch on to the firm material and having the threads close together, now turn the needle or work and weave the yarn over and under the warp threads as evenly as if it were cloth and the result will be like cloth. The first threads should be drawn so that the new piece will be about the size of the part which was worn away. If there are thin places run them evenly back and forth one way only, and it is well always to run these thin places to save a larger rent which will be more difficult to darn. The popularity of darned nets and laces will give many a young girl a practice which will be of avail at the future family mending basket, for the same precision in taking over and under thread will make a neat looking darn in the big gray socks or the little red and blue ones.

Keep the mending down if possible by doing it every week then it will not be so much of a burden and will be none too large to be contained in one of those pretty stocking bags which will make a pretty ornament to your room.—*Cottage Hearth.*

HOUSEHOLD HINTS.

Starch makes a better paste to use in papering walls than flour, and is less expensive also, a little will go much farther.

Coffee pounded in a mortar and roasted on an iron plate, sugar burned on hot coals, and vinegar boiled with myrrh and sprinkled on the floor and furniture of a sick room are excellent deodorizers.

Hot milk as a stimulant.—If any one is fatigued the best restorative is hot milk, a tumbler of the beverage as hot as it can be sipped. This is far more of a restorative than any alcoholic drink.

Some one asks how fruit jellies can be preserved from mould. If the surface is covered one fourth of an inch deep with loaf sugar, finely pulverized, they will keep in good condition and no mould penetrate.

The livers of chickens and turkeys are nice fried with a few thin slices of bacon. Cut the liver and bacon very thin, season with pepper and salt. This is a good breakfast dish.

A teaspoonful of borax in the last water in which clothes are rinsed, will whiten them surprisingly. Pound the borax so it will dissolve easily. This is especially good to remove the yellow that time gives to white garments that have been laid away for two or three years.

If grease or oil is spilled on a carpet sprinkle flour or fine meal over the spot as soon as possible, let it lie for several hours, and it will absorb the grease.

Dust and marks of children's fingers can be removed from icy windows these cold days by using a sponge to wipe them which you have dipped in a little ammonia and water.—*Cottage Hearth.*

PUZZLES.

CHARADE.

My first is often a pet,
My last is always one;
My whole is lifeless, and yet
Very active in making fun.

A RIDDLE.

Unwelcome guests they are, and no wonder.

Their first half is a wrestle. Their second half regular fights.

They entertain angry insects and venomous serpents. They are full of battles, and after heads are twice cut off, cruel darts remain.

SQUARE WORD.

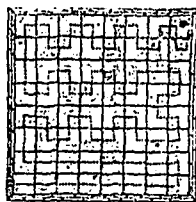
A fruit. A city. An impression. Language. To hinder.

AN ACROSTIC.

1. A famous poet. 2. A great navigator. 3. A good queen. 4. An American author. 5. A British statesman. 6. A poet whose name is like a household word. 7. A Spanish queen. 8. An Italian ruler. 9. A banished monarch. 10. A great philosopher. 11. An Italian patriot. 12. The greatest English poet. 13. A President of the United States. 14. An Indian chief. 15. A great conqueror. 16. An American orator. My whole, reading primals downward, is a famous explorer, whose life is a romance.

ANSWERS TO PUZZLES

PRISONER'S PUZZLE.



CHARADE.—Handkerchief.

CROSS-WORD ENIGMA.—Lebanon,

DELETIONS.

G A R B I E
O L M A N S
C A N T E R
I N J U R E
O H A I N S
T I M B E R
S O I L E D
R A N T E D
L A W Y E R
S P E A R S
M I S T E R
N A T I V E

BENJAMINS WET.

HEEDING HIS WIFE.

Some one has said that the man who wishes to be rich must first ask his wife's permission. An anecdote of Mr. Williston, the founder of Easthampton Academy, who made a fortune by manufacturing buttons, illustrates the fact that not only the wife's consent but her advice may be necessary to the husband's success.

Mrs. Williston was accustomed to make her husband's coats, to save the large expense of employing a tailor. At one time, with the cloth for a new coat he bought some lasting buttons for which he had paid a large price, perhaps seventy-five cents a dozen. She was shocked at the extravagance, and said, "With some button moulds, and a little lasting, I could make them at one quarter of that price."

She did so, and he thought them quite as good as those he had purchased. He concluded to employ a few girls to do similar work, and found a ready sale for his buttons at the country stores. The demand exceeded the supply, and he began to employ machinery instead of human hands.

The business grew upon his hands until he became the largest manufacturer of buttons in the United States, and accumulated a great fortune. But it was the economy of his thrifty wife, that first suggested the making of buttons, and laid the foundation of his fortune.—*Youth's Companion.*

CABBAGE FOR SALAD.—When you cannot obtain celery for salad—and this is sometimes the case—cabbage may be used in place of it, with the extract of celery for flavoring, or celery salt may be used. Choose the firm, white part of the cabbage; chop fine.

LAKED ONIONS.—Wash, but do not peel the onions, boil an hour in salted water, changing the water twice. When tender lay in a baking tin and bake an hour and a half. Serve with melted butter.