

## HOUSEHOLD.

## An Enemy to Fight.

As the physiologists have now unanimously agreed that one of the chief causes of nervous exhaustion, of paralysis, and kindred ills, lies in the habit of worrying, it is a necessity to learn how to prevent worry. If you hold your hand directly before your eyes, you will find that the palm alone will hinder you from seeing all the height and breadth of a purple mountain-side, while even a finger can obscure the sun. So, if you want the landscape or the sun you will remove the hand, you will close the finger.

We make a bugbear of what is very possibly a trifle, and we let it fret and tease and wear us as a rough bead wears a string. Let us in the actual beginning take that bugbear and examine it and pick it to pieces. Ten to one we shall see that it is a flimsy nothing, or at worst something that we can destroy with no more effort than is possible to us even if not easy, whether flimsy or otherwise. The thing to do is to look the thing squarely in the face; to judge of its force, and compare it with our opposing force; to remember then that time and nature are our rightful allies, and help will come through them, although we will not wait for that; and then to bend our strength to the struggle.

If it is a righteous cause of worry, the effort to remove and overcome it will in a great measure prevent its injurious physical and nervous effect, for it will call into action another set of nerves than those of apprehension and dread and supine acquiescence, and it will give us something else to think of in the very work the offer requires.

As a rule, in all warfare the attacking party has the best of it. The attack gives the disposition of forces, the advantage of the field. So we will attack our bugbear with all our powers of aggression. More often than not we shall thus annihilate him; and if not that entirely, yet in all probability we shall prevent him from bringing up re-enforcements, and shall get away with his baggage-train. And if this attack fails, and the bugbear remains intact, then we still have the resource of retreating into the walled city of work. While we are at work, if we work well, we have to think of our work, we have no time to think of things outside; we are protected by it as if by walls and battlements; it shuts off from us all the sieges and armies of this hostile worry.

Work, then, work, is the plan of campaign, and gives us a great armament with which we are to meet worry. And if we are of those who have no work, let us look it up; for so long as we are on this planet there is work to be found, if not of one kind, then of another; if not for ourselves, for those who are less fortunate. And the moment we forget ourselves in work we have no time to worry, and the prostrations and tormenting skin-troubles and apoplexies of nervous origin can have no further terror for us.—'Harper's Bazar.'

## Simple Puddings Made With Fruit.

When fresh fruit loses its first delightful flavor, the housekeeper can substitute fruit puddings in place of the 'berries and cream' of which the family has tired. These puddings are easily prepared and make a welcome change. Here are a few tried recipes which, if carefully followed, cannot fail to give satisfaction:

English apple pudding is prepared by making a paste of three cups of flour, one and one-half teaspoonfuls of baking powder, one-half pound beef suet, freed from skin and chopped very fine, and one cupful of water. Sift the powder and flour into a bowl; mix with the suet; and add water. Mix into a smooth, firm dough. Line an earthenware pudding dish with the paste, fill with sliced apples, add one and one-half cups of sugar, wet the edges, cover, pinch the edges firmly together, tie in a pudding cloth and place in a saucepan half full of boiling water and boil three hours.

Apple tapioca pudding is easily made, and is a good dish for children. Pare and core enough apples to fill a dish, putting into each apple a bit of lemon peel. Soak one-half pint of tapioca in one quart of lukewarm water one hour. Add a little salt, flavor with lemon, and pour over the apples. Bake

until the apples are tender, and when cold serve with sugar and cream.

To make huckleberry pudding, three stale muffins, or an equal quantity of bread, three cups of huckleberries, one cupful of sugar, one teaspoonful each of the extracts of cinnamon and cloves, one and one-half pints of milk, three eggs and a pinch of salt will be required. Grate the muffins, or bread, place in a bowl, heat the milk to boiling point, and add to crumbs; cover with a plate and let stand half an hour. Add the sugar, salt, extract, beaten eggs and berries. Mix and put into a buttered pudding dish and bake in a moderate oven forty-five minutes. Serve with spice sauce.

Lemon pudding requires two stale rolls or bread, juice of two lemons, one teaspoonful baking powder, one cupful of sugar, four eggs, one tablespoonful of butter, one pint of milk. Grate the bread, pour over the boiling milk, cover, and let stand for thirty minutes. Add sugar, butter, beaten eggs and juice. Mix together and pour into a well-buttered pudding dish. Bake in a hot oven for three-quarters of an hour. Serve with lemon sauce.

A soufflé of different fruits is delicious if properly prepared. With fruits of a soft and juicy nature, such as peaches, plums, apricots, bananas, press the fruit through a sieve and place in a bowl, adding one-half pound of powdered sugar and the whites of three eggs. Beat well with an egg beater for five minutes. Then take the whites of six eggs beaten to a stiff froth and mix together. Put this mixture on a dish in a well heated oven for five or six minutes before serving. Sprinkle powdered sugar on top. For hard fruit, such as apples, pears, etc., cook them first, and then press through sieve. The treatment is exactly the same as for the others.

Gooseberry pudding requires one quart of gooseberries, one-half cup of butter, one cupful of sugar, one pint of bread crumbs and three eggs. Pick the gooseberries, remove the tops and stems, and put in a kettle with the sugar. Place the kettle where the fruit will heat gradually and steam them for an hour or so, taking care it does not burn. Rub through a fine sieve, and to the pulp thus obtained add butter and bread crumbs, or enough to absorb the moisture of the gooseberry pulp. When the mixture is cold, add the beaten eggs, put in a buttered earthen dish, and bake for half an hour. Dust with powdered sugar and serve hot.

To make steamed fruit pudding, take one pint of flour, two teaspoonfuls of baking powder, one-half teaspoon salt, one cupful of milk, two tablespoonfuls melted butter, two eggs, one-half cup sugar and one pint of berries. Mix the baking powder and salt with the flour, add the milk and butter. Add beaten yolks and sugar, stir well into the dough. Then add the whites beaten stiff, and the berries rolled in flour. Turn into a well greased pudding boiler, set in a kettle of boiling water and boil continuously for two hours. Serve with cream sauce.

Dried peach pudding requires one pint of milk, one pint of bread crumbs, two eggs, one-half cupful of sugar, one teaspoonful of butter, one-half teaspoonful of salt, one pint of dried peaches. Boil the milk, and while it is hot pour over the bread crumbs, stir in the butter and add the peaches, which have been stewed until soft. When cool, add the eggs well beaten, sugar, salt and flavoring to taste. Put in a well-greased pudding dish and bake half an hour. Eat warm, with hard sauce.

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To make fig pudding, take one cup of molasses and mix with one cup of chopped suet, one cup of milk, three large cups of flour, two beaten eggs, one tablespoonful of soda, one of cinnamon, half a teaspoonful of nutmeg and one pint of figs. Mix all together except the soda, which should be dissolved in a tablespoonful of hot water and mixed with the milk. Beat all thoroughly; butter a deep dish, turn in the mixture, and steam five hours. Serve with cream sauce.—'Catholic World.'

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