

This is one of the many little things which all help in making a successful invalid's room.

An emergency shelf, curtained, or a cupboard for the same purpose, is a treasure. Here have always in perfect order, rubber water bags in two sizes, a tiny one to use around the head or neck; oil silk, old linen and flannel, vaseline, witch hazel, a teaspoon and a tiny gas stove which is inexpensive and will fit over a gas jet. Among desirable, almost necessary articles of furniture is a wide, restful couch or cot with plenty of comfortable pillows, where the invalid may be moved occasionally for a welcome change.

Have plenty of cheerful, entertaining engravings, etchings, or photographs. This season wide, dark wooden frames are the most fashionable and the dark green mats are still much used. Nevertheless the narrow gilt, silver, and white and gold frames are very attractive. Books are desirable decorations. They make a delightful corner, and will recall many happy hours to the owner. I wish every invalid could know the joy of books. 'A love of reading is only a degree lower than the musician's paradise.' If you once found a truly noble thought in a book, it will always be there, and whenever you seek it in the right spirit you will find it. Illustrated papers and magazines are a treat to weary eyes. A bust of a favorite author or musician is an unusual and thoughtful gift for an invalid.

Thrifty plants in the window are a blessing both to the inmate and the passers-by. Have only hardy plants and by all means a few blossoming ones. When an invalid is not able to leave home for the summer, a radical change in the furnishings of her room is desirable and wise. It is pleasant to paint the floor and substitute small rugs for the warmer carpet that did service in the winter. The window curtains may also be agreeably changed. Japanese crepe, Java print, make cool, artistic, restful curtains. Sometimes the long curtains are removed and only the shades and half length sash curtains used. Window screens are certainly necessary.

If you did use upholstered chairs, now replace them with those of reed, rattan or wicker. The pillows will look more delightful than ever, if every one of them has a simple, washable cover. For summer days change the pictures except one or two favorites.

The prettiest invalid's room I ever saw was a symphony in greens. Green rugs, paper green with gold pattern in stripes, no frieze, plain lighter green ceiling paper. The wood work of the room was in North Carolina pine, a rich yellow. The furniture was maple, one side chair maple, one rattan and the third a delightful 'sleepy hollow' chair, the most comfortable of all known chairs. Instead of a couch a luxury indeed was a woven hammock, costing \$2.50. This had many pillows, a pine needle one with yellow and white silk cover, lavender denim with green and cream figured double frill, green linen, etc. The curtains were of Madras, cream with light green designs. There was a delightful case of books which the owner called 'her memory corner,' as she was limited to ten minutes a day for reading. A gay hamper was convenient for magazines, all near at hand when wanted.

The pictures included an oil painting of a river and its banks near the Minnesota lakes; an etching of a New England fishing village and shores; a cherished Madonna and the study of a head which might have belonged to one of the fairies that inhabited the woods in olden times; besides half a dozen cabinets of a favorite small nephew. The little silver thermometer afforded her much comfort. On the bureau was a novel pincushion, one that skillfully represented a small loaf of bread. There was a jar of beautiful marguerites, several feet high.

### Give the Baby Rest.

(The 'Presbyterian'.)

What does the nervous mother ask herself in moments when nerves are strained by pain or over-excitement of any kind? asks a writer in an exchange. 'Rest!' she

chiefly demands. 'Leave me! Let me have quiet, darkness, freedom from effort.'

We accord the nervous baby exactly opposite treatment. We answer as if it entreated, 'Rock me! Toss me! Shake rattles at me! Sing to me, shout, jump at me! Show me a light, anything to keep me awake and excited!' Tradition takes a strong hold on the nursery. It is voted cruel indifference 'to let a baby cry.' The very mother who best recognizes the value of 'a good cry' in calming her own overwrought feelings, can least make up her mind to allow the same relaxation to the baby for whose nervous condition she is probably entirely to blame. The tiny baby's fretfulness is, as a rule, purely physical, and especially dependent on over-excited nerves. Any mother who will allow her baby to grow for at least six months of its life in a restful atmosphere absolutely unstimulated beyond its natural pace of development, will have food for thought in comparing her results with those of the more common training.

### Selected Recipes.

**Grape Juice.**—Heat ripe grapes, over a slow fire until the juice flows readily. Just before they reach the boiling point remove them from the fire and crush, squeeze and strain them. Add to the juice one pound of sugar to every quart. Return the mixture to the stove and bring gently to a boil. Remove, bottle at once and seal.

**Cottage Cheese.**—When making cottage cheese, instead of putting the sour milk on the fire—in this way it is often overcooked—set in a pan of boiling water. Renew the water if necessary. After it curdles drain thoroughly, and add salt, pepper, butter and cream.

**Cocoa Frappe.**—Stir together one-quarter pound of cocoa and one and one-half cups of sugar. Pour over the mixture one cup of boiling water and cook until smooth and shiny. Add a scant two quarts of milk, to which a stick of cinnamon has been added. Boil ten minutes. Beat the whites of an egg until stiff, add one-half cup of sugar and a half-pint of whipped cream and stir into the hot cocoa mixture. Cool, add a scant half teaspoonful of vanilla and freeze. Serve in glasses and with a spoonful of whipped cream on top. —'Washington Star.'

**Spiced Peaches.**—Peaches intended for pickling should not be too ripe. Select fifty perfect ones, peel them, cut them in halves and remove the stones. Put into the preserving kettle a pint of cider vinegar, one and a half pounds of granulated sugar and six or seven small spice bags, each containing a few cloves, a few pieces of whole mace, stick cinnamon and green ginger. Tie them carefully with a heavy thread. A circular piece of cheesecloth about three inches in diameter is the best for the purpose. As soon as the sugar

melts add the peaches; boil them until they are tender. When putting into cans leave a spice bag in each jar. Peaches may be pickled in the same way. Surplus juices from pickling, preserving and canning peaches and other fruits should be carefully saved for pudding sauces, mince pies, etc., later in the year.

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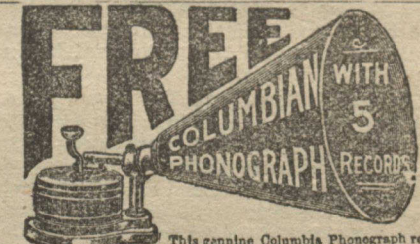
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