

HOUSEHOLD.

The Simple Art of Sitting.

Under the heading of 'Health and Beauty,' a practical article with the above title appears in the 'Lady's Magazine.'

'Such a simple art—one that we spend so much of our lives in doing, especially if our occupation is of the kind known as sedentary.

"The way one sits has nothing to do with health and beauty," a girl grumbled to me the other day. "Of course, some positions are infinitely more graceful than others, but as long as one is comfortable, what does it matter?" My friend, as she spoke was sitting almost doubled up, elbow on knee and chin in hand. The attitude, to say the least of it, was ungainly; but the lack of beauty was little compared to the permanent injury she was doing to her health and figure. I say permanent, for the attitude was a favorite one with her.

'First, the attitude was injurious from an external point of view, for the weight of the body was thrown almost entirely on one hip; the other hip was thrown out, and would naturally, if the position were frequently indulged in, grow out. A glance shows that the corresponding shoulder is thrown up, and the sure and certain penalty would be a form—more or less slight, perhaps, but nevertheless there—of curvature of the spine.

'Too much cannot be said against the indiscriminate habit of lounging. Naturally, if the muscles are let off their proper work, they complain when suddenly expected to perform their natural duties, with the result that the unfortunate person becomes aware that it is next to impossible to sit or stand perfectly erect, and therefore, she flies to the support of stays, or those abominations known as shoulder-braces.

'Seek rather to develop and strengthen all the muscles by natural means, and having done this, sit up. There is no need to assume an attitude of ramrod-like stiffness; it is quite possible to sit correctly and gracefully at the same time.'

Selected Recipes

Walnut Wafers.—One pint of walnut meats, one pint of dark brown sugar, four eggs, six even tablespoons of flour, two-thirds teaspoon of salt. Beat the eggs, not separating them. Add sugar, then flour, then salt, and lastly the nuts chopped fine. Mix well together, then spread as thinly as possible in a buttered pan. Cut in squares before cold, but not at once. Bake in a hot oven. These wafers are very nice served with afternoon tea, or with ice cream. The thinness and the quick oven are both necessary to make them a success.—Mrs. George C. Hollister, in 'Good Housekeeping.'

Chocolate Crullers.—Cream two tablespoonfuls of butter and one-half of a cupful of sugar; gradually add the beaten yolks of three eggs and one and one-half cupfuls more of sugar, one cupful of sour milk, one teaspoonful of vanilla, two ounces of chocolate grated and melted over hot water, one-third of a teaspoonful of soda dissolved in one-half of a teaspoonful of boiling water, the whites of the eggs whipped to a stiff froth and sufficient sifted flour to make a soft dough. Roll out, cut into oblongs; divide each into three strips leaving the dough united at one end. Braid loosely, pinch the ends together and cook until golden brown in smoking-hot fat.

Mutton Cutlets.—Put an ounce of clarified beef dripping into a stewpan, and then cover the bottom of the pan with a layer of sliced onion, carrot and celery. Remove the fat from six or eight neck of mutton cutlets, but do not trim them, and place them on the vegetables; cover them with a piece of buttered paper before putting on the lid of the pan, and let them cook very slowly for an hour, taking care that they do not become at all brown. On

taking the cutlets from the pan place them on a flat dish and let them get cold, then trim them very neatly and scrape the bones. Cover the cutlets evenly with some potted ham, then flour them and dip them into beaten egg and cover them with fine white bread crumbs. When the crumbs have hardened fry the cutlets in plenty of boiling fat until they are a pale golden brown; dry them in an oven on soft paper, and dish them up on a support of mashed potato arranged down the middle of a hot dish and surround them with some thick tomato sauce.

Toast as it Should Be.

Bread is toasted to take out the moisture as well as to give it a better flavor. Toasting converts the insoluble starch in bread into a soluble substance called dextrine, which can be moistened with the saliva and easily digested. Bread toasted until dry and brown agrees better with weak stomachs than any other kind of bread, and a sensitive stomach will frequently digest good toast when it will digest no other article of food; hence toast properly made can be judiciously and safely used as an article of diet for invalids at all times without the least fear of its proving injurious or producing discomfort. But if the slices of bread to be toasted are very thick, and are carelessly held before or over a blazing fire, the outside becomes burned and toughened, the moisture is driven in instead of being evaporated, and the toast is rendered clammy and indigestible.

Toast of the best quality can be made only from sweet, light, well-baked bread, no amount of toasting will turn inferior bread that is heavy and half-baked into toast that is digestible or fit to be eaten. Toast of an excellent quality can always be made by following these directions.

Cut the bread in even slices about half an inch in thickness. Slightly dry them in the oven or before the fire. Put each slice on a toasting fork, or in a wire broiler and hold it before or over a clear, bright fire of coal or charcoal but at a sufficient distance to allow it to brown evenly without burning. When the surface of one side becomes a rich golden color, turn and toast the other side in a similar manner. Serve covered with a napkin on a warm plate.

Dip Toast.—Dip slices of dry toast in well salted boiling water, to which a sufficient quantity of melted butter has been added.—'Good Housekeeping.'

Dealing With the Butcher.

Of course there are butchers and butchers. I have in mind one who knows it all so thoroughly that the customer is not 'in it' at all, at all. His greatest annoyance, which is so apparently manifest, is to be asked to show his goods. You are therefore denied the right of seeing your purchase or witnessing the scale of weight. He is always too busy, or 'I have got just the right piece for you, can't get it now, but will send it over all right.' And so forth and so on. You don't like to tell this man that it may be exactly as he says and that he may be scrupulously honest, but you'd like to prove it! He holds a knife in his hand, and your last month's bill is not paid, and there you are! This butcher is difficult to get along with in systematic and respectable housekeeping. When you market for meat, see what you are getting. Gradually you will learn the good cuts; you will know enough to discard certain pieces. Don't leave your corned beef to your butcher. Even a tyro can instinctively tell one good piece of this stock from another, but the butcher wants to sell all of it, and you are a little more apt to get 'rags and gristle' than fat and juicy meat.—'Good Housekeeping.'

A thrifty housewife decided last spring to paper her dining-room and kitchen herself, in order to save money. She was wholly unaccustomed to such work, and, although she accomplished it successfully and was better pleased with the result than she would have been if the paper-

hanger had done it, yet she over-tired herself, brought on nervous prostration, and not only suffered much before regaining her health, but she was obliged to pay the doctor several times the amount of the paper-hanger's bill.—'Congregationalist.'

The value of a slight rest before meals is, according to a physician, very great. Indigestion more often arises from eating when tired or excited than is understood. In his dietary for a consumptive patient, a very well-known specialist insists upon a full twenty minutes' rest before all meals, except breakfast. Five minutes' complete rest, of mind as well as body, is none too much for the person of average health, and it should be taken regularly.

I find a reliable remedy for hoarseness is the juice of a lemon, half an ounce of glycerine and a teaspoon of sugar. Take one teaspoon every few hours. Simple, and within the reach of everybody. Honey is also good for hoarseness. Another simple but effective cure is the juice of a lemon, a tablespoon of sugar and the stiffly beaten white of an egg.

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