THE TRUE WITNESS AND CATHOLIC CHRONICLE, AUGUST 26, 1891.

HOUSE AND HOUSEHOLD.

LIKE EVERYTHING ELSE.

In a paper on this subject by Dr. I. N. In a paper on this surgect by Dr. 1. N. Love) Jour. Med. Assoc., the writer gives the following conclusions which for the the tort are in accord with the best most part and medical opinion and ex-celentific and medical opinion and ex-perience as to the use of coffee. 1. The part has in the infusion of coffee perience as to the use of coffee. 1. The world has in the infusion of coffee, one of its most valuable beverages. 2. As its most diffusible stimulant it is in a prompt diffusible stimulant it is in all cases of shock preferable to alall cases It is antagonistic to malaria and specially destructive to the typhoid and special cholera germ, and for this hacillus and cholera germ, and for this reason it is an admirable remedial agent in these conditions, both as a direct stimulant and antiseptic, and an encourager of elimination. 4. One of its chief adot emumation and disease is in the fact that it aids in securing that physical that it and in second that physical satisfaction which is conducive to hope, comfort, good digestion, great power of resistance and rapid recuperation. 5. supports, tides over dangers, helps the appropriative powers of the system, whips up the flagging energies and enhances the endurance. And for these reasons and many others, it should be used temperately, as should all of na-used temperately, as should all of na-ture's benign gifts. J. In excess, it is even more dangerous than alcohol, nor is the effect of its excessive use so apparent or disrespectable.

A USEFUL HINIT.

leed tish is a subject of notice and leed ush is a subject of notice and warning in the Lancet. "Ice spoils the freshness, firmness, and flavor of fish by rendering it, prior to putrefaction, insipid, soft and flabby." Where fish is preserved soft and having. As here used is preserved on ice, it appears that the ice, favors put-relaction by formishing a constant supply of moisture, carrying with it putrefactive bacteria. On the other hand, keeping ish dry and cold in no way favors putre-

jaction. THE USEFUL BEAN.

Of all edible pods it is believed that the bean has been longest known and most widely cultivated. It was used as food by the ancient Jews and considered acred by the Greeks and Romans. A temple dedicated to Kyanetes, the god of beans, formerly stood on the sacred not near Eleusis. Kyanetes was called the god of beaus because he was the first to entitivate them for food. The bean feast, which the Athenians celebrated in honour of Apoilo, was characterised by the excessive use of beans. The Egypand would not venture to touch them. and wohn has admonished his scholars, Pythagoras admonished his scholars, "Abstrain from beans." The natives of Egypt and most all Oriental nations look apon the black specks on the wings of the bean flower as the written characters of death.

INFANTINE RESIDRATION.

During the period of early childhood, when diseases that may last through life z every readily established, mothers and nurses should be careful in guarding their children against acquiring the mouth-breathing habit. It is at the starting point of life that man must be educated, both mentally and physically, for it is at that time had and vicious habits are most easily acquired. There are few who look so far back in life for the cause of a great many of these affections that render existence miserable, though in most in-stances they may be said to owe their origin to some neglect in early childhood. Mothers make a very great mis-take in holding their infants close to breasts, disordered nerves and premature decay of the teeth. When they see their young children asleep with their months open, they would do well to adopt the practice of the Indian mother in this respect and close the mouths of their sleeping children by gently pressing the lips together. This simple maneuvre, if practised systematically in every instance, may be the means of saving their children from antold misery in after life. Mothers and murses, to whom are en-trusted the care and rearing of children, should see to it that the same attention is given to the nose as they are accustomed to give to the hands, feet, eyes and ears of their young charges. A small syringeful of tepid water, to which has been added a little borax, should be carefully injected every day up the nos-tills of their young children, and this duy should be attended to with religious exactness until the child has reached that age when he will be able to perform that duty for himself. This he will soon learn to do. if properly trained, and so performance when he has reached the Age of puberty.

very thin. Nothing is less appetizing the boat. Surcouf thereupon seized and than chunks of ham. If the dish is garnished with parsley or celery tips, that the stems are long and weighted down with a layer which will remain undisturbed or the garnishing may prove troublesome. Ham served at a party should be thor-

ham is nice on this account. Ham is thought by many persons to be unwholesome. To some it undoubtedly is; to others it just as undoubtedly is not. If you happen to be of the for-

mer class, abstain from it ; if of the latter, "take the good the gods provide," and "be ye thankful."

YOUTHS' DEPARTMENT.

THE MUSICAL LIZARD.

A correspondent of the Spectator writes : "When in Switzerland two years ago, I made the acquaintance of some lizards living in the crevices of one of the sunny walls of our garden. As I had somewhere heard that lizards have a good ear for music, I resolved to prove the fact ; so one alternoon, armed with a small musical-box, I wended my steps to their tomato-covered home. Before I had finished the first tune a considerable audience had collected-an audience it was a pleasure to play to, for the lizards were far more attentive than most human beings. Out peered head after head, a little on one side, in a listening attitude. I gave my little friends a musical entertainment (varied by whistling) nearly every day, and before long they got much bolder, and would venture right out of their holes and lie motionless on the broad ledge of the wall, their bright black eyes half closed as a rule, but opening now and then to give me a lazy wink of enjoyment."

A LEARNED DOG.

A true story is told of a farmer's dog who has been found guilty of obtaining goods under false pretences. He is ex-tremely fond of sausages, and has been taught by his owner to go after them for himself, carrying a written order in his mouth. Day after day he arreaded mouth. Day after day he appeared at the butcher's shop, bringing his master's order, and by-and-by the butcher became carless about reading the document. Finally, when settlement day came, the tians, contrary to the nations above farmer complained that he was charged mentioned, considered beans unclean, with more sausages than he had ordered. The butcher was surprised, and the next time Lion came in, with a slip of paper between his teeth, he took the trouble to look at it. The paper was blank, and further investigations showed that wher-ever the dog felt a craving for sausages he looked round for a piece of paper, and trotted off to the butcher's. The farmer is something out of pocket, but squares the account by boasting of his dog's intelligence.

THE WALKING LEAF.

The walking and clinibing leaves of Australia were for over half a century considered the greatest of natural wonders. A party of sailors wandered inland and sat down to rest under a tree. A great wind shook to earth several dead and brown leaves. These presently began to show signs of life and crawl towards the trunk, which they ascended and attached themselves to their respec-tive twigs! Hence the sailors, who promptly ran away, said the place was bewitched. But the simple fact turned out to be that the so-called leaves were really infabanad insects having long take in holding their infants close to their own basics during sleeping hours: and never should the face of a young child be reversely which as leep. Both least and never should the face of a young child be reversely while asleep. Both least and never should be face of a young child be reversely while asleep. Both least and never should be face of a young child be reversely which as the same time user of her in-tant in is hours of sleep, and there in-sorting at the same time more danger-wites health. Little do mothers know of the dangers that result from the gagin as soon as possible. These friendly test health, health, health that they are realizing for a moment that they are tertain to grow up confirmed mouths, never realizing for a moment that they are certain to grow up confirmed mouths breatter, with weak lungs, pigcon breasts, diordered nerves and premature changes they become brown. The writer of this was sitting under a tree reading in the woods of Southern Illinois, when one of the "twigs," as it was supposed to be, dropped on the page. It moved and thus revealed its identity. Its nature seemed to be that of a worm and its vitality that of the very lowest. It died as soon as removed and served as a bookmark for many years. SAVED BY AN EGG. When Robert Surcouf, the famous French corsair, was in the Malay Archipelago he went one day, with two or three of his officers, to dine with a friend on an island at some distance from where his ship lay at anchor. After din-ner his servants returned first to the ship, his friend having offered to send Surcouf | enough to admit the passage of the head, back in one of the island boats, a pirogile. "The King of Corsairs" and his officers might well have dreaded a trip in a pirogue, for they had themselves wit-nessed a most tragic occurrence a few learn to do, if properly trained, and so great will be the feeling of relief, espe-cially when there is a tendency to cataria, that he will not neglect its daily waters attacked and upset the ci by them. As they grow to maturity they sea. Three of the sailors were drowned or became victims of the Good account can be made of all the monster before help could reach them. Just as Surcoul's pirogue came in sight Just as Surcours phogue came in sight of the ship, a huge shark appeared, and approached so near that oue of the rowers struck him a heavy blow with an oar. "What a good shot he would be! What a misfortune that I have not my we are exclaimed. Surcourf. whose gun out of it. Pour milk, or cream if you have it, with a very little thickening, in-to the pan, and let it boil up once. Pour it over the ham and serve. Ham and kerve. Ham and kerve and be the serve and be the se indeed a misfortune, as was very soon han and Eggs.—Have slices of uni-form size. Cook quickly and put into a hot dish. Break the eggs carefully in the hot fat and cook until the white is well set. Place them on the slices of ham, and salt and pepper. Underdone Ham.—A boiled ham is sometimes found to be underdone in the middle, and still the housekcoper may sometimes found to be underdone in the middle, and still the housekceper may not wish to reboil it. Slices may be cut from it and broiled, or an agreeable var-iety may be had by making cutlets from it. Dip slices in beaten egg, then in reacker crumbs, and fry in the fat of the ham. Cold Ham. In preparing a dish of

ting, and save it for kitchen use. Slice his open mouth-was extended towards aim, threw it so that it broke in the monster's throat. He closed his jaws, seemed to taste the dainty mouthful appreciatively, stopped swimming, and presently disappeared. The rowers did not wait to see whether his attention oughly done. It is almost impossible to was distracted temporarily or perman-cut underdone ham with a fork. Grated ently, but pulled vigorously until they reached the ship. Surcouf and his friends decided to eat an occasional omelette in memory of that shark, whose taste for eggs was happily keener than his taste for human flesh.

A REVENGEFUL SNAKE.

Those who are familiar with the habits of snakes say that when a person kills a snake he must look out for its mate. The following tragic incident of a cobra's vengeance is related of Andrew Fischer, an employe of the Madras Railway Company :-- "One day, while seated in the verandah of his bungalow, he ob-served two large cobras in the barren plane immediately in front of the houses. Arming himself with a stout stick he proceeded to the spot, and encountered of them, while the succeeded in killing one of them, while the other, which had been but slightly wounded, managed to es-cape. Mr. Fischer, hunted about for the runaway, but ccould not find it. He then returned to his bungalow, and rested for some time, as he was off duty. Later in the day he prepared to go to his work, and with that object got out his clothes to dress. He sat on his cot, and was about to put on his shirt when he felt something bite him on the back. He turned round, and, to his horror, found a snake on the cot behind him. which he is said to have recognised as the cobra he had wounded that morn-He immediately sought relief, and ng. and all kinds of remedies were applied, but to no effect, and he died in the evening." It is commonly believed evening." mong the Hindoos that no animal is revengeful than the cobra, and nore it is fortunate enough to escape, it never gives itself any rest until it has wreaked vengeance upon its assailant.

THE FARM.

Pekin Ducks.

correspondent in the Country A Gentleman writes as follows on this sub iect :-

In your issue of July 23 I notice an inquiry about the breeding and manage-ment of Pekin ducks. Having had some experience in the line, perhaps I may offer some suggestions that will interest your correspondent.

The Chinese breed of ducks (called Pekin, from the capital of China,) is the most popular variety in this country, and, without doubt, is bred far more ex-tensively than all other breeds of ducks combined. It possesses an attractive appearance, independent of its economic value, being of a creamy-white plumage throughout, with deep, yellow bill and orange-colored legs, showing in strong contrast. Add to this, massive weight, good yellow skin and tender, juicy meat, and we have a bird worthy the attention

breeding stock, from which to secure eggs for hatching purposes. Ducks from two to four years old lay larger eggs, which in turn hatch larger and more it is necessary to confine her in the pen till the middle of the forenoon, in order that the eggs may all be laid in the coop. The fertility of the eggs is surprising, sometimes reaching 90 per cent. Period of incubation is four weeks, during the latter part of which it is well to sprinkle the eggs two or three times with water at 102°, to render the shell and lining tender when easily broken. Ducklings are quite tender when first hatched, being susceptible to cold from dampness. They consequently must be cooped in a dry location, and allowed on-ly water to drink. Indeed, they will not endure a wetting upon the back until the down has been replaced by permanent feathers, which occurs when they are about two months old. The opening in the water dish should be only large so that they cannot wet one another. The food of young ducklings should consist at first of bread crumbs mixed with hard-boiled eggs and milk. Oatmeal, wheat, corn bread, and a daily supply of freshly-cut clover will conduce to a rapid growth. Animal food, in the Good account can be made of all the skim-milk and buttermilk that can be "Feed often, with nutritious spared. food," is a proper maxim in duck cul ture Each season the largest and best of the young stock should be selected for future breeders, and the flock improved in the pig. Probably a large flock would not be found profitable, except in a favorable location, where nearness to a good market and cheap food exist. The latter desideratum is found along the sea-coast, where each succeeding tide washes upon the flats numerous species of small fish, and where muscles, clams, &c., are found in abundance. Hence the reason of the extensive duck culture all along the shore of Cape Cod. In such cases, however, they should be fed liber



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THE KITCHEN.

A FAMILIAR BUT UNKNOWN SUBEECT. Fried Haus-Cut in uniform slices, a httle thicker than for broiling. Fry guickly, turning often, and put into a besiling. Fry hot dish. Fried ham is often spoiled by being cooked until the juices are cooked

Ham and Eggs .- Have slices of uni-



Life Force OF ALL ORGANIC FORMS.