

Selections from the November Ladies' Home Journal.

The people of the United States use more meat than the people of any other nation. England ranks second, and the other countries come far below. A person may eat meat perhaps to advantage once a day. It is not necessary, however, that meat should be on the table three times a day: in fact, it is quite an objectionable custom.

In furnishing a house, consider where and how you are to live, and the number of pairs of hands there are to do the work, and select your furnishings accordingly. If the articles you are buying are well made and good in shape and color you will make no mistake in selecting them, no matter how simple they are; indeed, the simpler they are the better. Do not be in a hurry to fully furnish your house. When buying a new piece of furniture, a drape or a rug, keep in mind the fact that it should harmonize with the old furnishings.

### BEST WAY TO TREAT A SPRAIN.

In treating a sprain wring a folded flannel out of boiling water by laying it in a thick towel and twisting the ends in opposite directions; shake it to cool it a little, lay it on the painful part and cover it with a piece of dry flannel. Change the fomentations until six have been applied, being careful not to have them so hot as to burn the skin. Bandage the part if possible and in six or eight hours repeat the application. As soon as it can be borne rub well with extract of witch hazel.

### COOKING BY THE CLOCK.

Time and Temperature for Cooking Fish, Fowl and Game.

Fish may be baked continuously at 300 deg. for one hour. Underdone fish is uneatly, unpalatable and unwholesome.

Game, such as woodcock, snipe and pheasants, requires continuously 400 deg. for thirty minutes. Partridges split down the back, 400 deg. for thirty minutes. Prairie chickens, 400 deg. for forty-five minutes.

A haunch of venison requires 400 deg. at first; then cooled to 300 deg.; almost constant basting and roasting for two hours. Run in a skewer and if the blood follows the skewer out, and at the same time the meat is tender and rare, it is done.

An eight-pound turkey with stuffing should go into the oven at 400 deg. for half an hour; then cool the oven to 280 deg. and roast for two hours longer. Without stuffing it will require less time. The oven must be hot at first (400 deg.) for half an hour; then roast the unstuffed turkey for an hour and a half at 280 degrees basting every fifteen minutes.

A four-pound chicken if stuffed, will bake at 400 deg. in half an hour; at 280 deg. it will require two hours. The same sized chicken unstuffed will require the first half hour in a hot oven; then the oven cooled to 280 deg. for an hour.

A tame duck stuffed with potato, placed in the oven at 360 deg., will require an hour to brown. It should be basted every ten minutes. The oven may then be cooled to 280 deg. and the cooking continued for two hours.

### KITCHEN WEIGHTS AND MEASURES.

A List the Cook Should Keep Close at Hand or Commit to Memory.

Four teaspoonsful of liquid make one tablespoonful.

Four tablespoonfuls of liquid, one gill or a quarter of a cup.

A tablespoonful of liquid, half an ounce.

A pint of liquid weighs a pound.

A quart of sifted flour, one pound.

Four kitchen cupsful of flour, one pound.

One cup of butter, half a pound.

Three kitchen cupsful of corn meal, one pound.

A solid pint of chopped meat, one pound.

Ten eggs, one pound.

A dash of pepper, an eighth of a teaspoonful.

A pint of brown sugar, thirteen ounces.

Two cupsful and a half of powdered sugar, one pound.

### CIVILITY IS GOOD CAPITAL.

The Rudeness of American Salespeople Prevents Their Advancement.

Look at the army of salesmen and saleswomen in our stores. There is not, I believe, as capable or honest a corps of workers in the world. Yet a French or English shopgirl will sell twice as many goods in the same time, and the customer will come again and again to be served by the same woman. Why? Because she is civil and courteous.

There is something pitiful as well as ridiculous in the indifference, the hauteur, the actual rudeness of many of the intelligent young men and women behind our counters. Yet, civility is their capital. By selling gloves or tinware they earn their living, and the more civil they are, the more they sell.

Most of my readers know a few saleswomen who have remained in some of the old business houses until an honored old age, and, by their ability and courtesy, have made for themselves hosts of friends. It is a pity that these foolish young people could not learn their business from them.

### WHEN THE CHILD "PLAYS HOOKEY."

Children sometimes pretend to be ill to escape going to school. Feigning illness to escape duty is called in the army malingering and is always punished when detected. A child who habitually complains of headache just before school time should be put on a sofa in a darkened room, not permitted to read, nor look at pictures, and have a hot-water bag placed at his feet. If the ailment is real this is the best treatment for the early stages; it is feigning the silence and solitude soon become so irksome that the culprit is glad to do anything to escape from them. Other affected pains should be treated as if they were real, and it should be distinctly understood in the family that the child who is too ill to go to school, and to learn his lessons, is too ill to be out of bed. If a child play truant the lessons he loses should be made up at home in his play time, and the mother should take pains to see that this is done, so that he may find truancy unprofitable. He may be put to bed as soon as he returns home on the assumption that he must be ill,

because nothing but illness should keep him from going to school.

### OUR OVERFURNISHED HOMES.

Health, Comfort and Good Taste are Sacrificed for Display in American Houses.

More simplicity in our homes would make our lives simpler. Many women would live fuller lives because they would have more time. As it is, hundreds of women of all positions in life are to day the slaves of their homes and what they have crowded into them. Comfort is essential to our happiness. But with comfort we should stop. Then we are on the safe side. But we get on and over the danger line when we go beyond. Not one tenth of the things that we think are essential to our happiest living are really so. In fact, we should be an infinitely happier and healthier people if the unnecessary things were taken out of our lives. It is astonishing how much we can do without, and be a thousand times the better for it. And it doesn't require much to test this gospel of wisdom. We need only to be natural: to get back to our real, inner selves. Then we are simple. It is only because we have got away from the simple and the natural that so many of our homes are cluttered up as they are, and our lives full of little things that are not worth the while. We have bent the knee to show, to display, and we have lowered ourselves in doing it: surrounded ourselves with the trivial and the useless; and filling our lives with the poison of artificiality and the unnatural, we have pushed the Real: the Natural: the Simple: the Beautiful—the best and most lasting things out of our lives.

### WOMEN ARE SLAVES TO BRIC-A-BRAC

No Other People Show Such Bad Taste in Furnishing Their Homes as Americans.

There are no people on the face of the earth who litter up the rooms of their homes with so much useless, and consequently bad furnishing as do the Americans. The curse of the American home to day is useless bric-a-brac. A room in which we feel that we can freely breathe is so rare that we are instinctively surprised when we see one. It is the exception, rather than the rule, that we find a restful room. As a matter of fact, to this common error of over-furnishing so many of our homes, are directly due many of the nervous breakdowns of our women. The average American woman is a perfect slave to the useless rubbish which she has in her rooms. This rubbish, of a costly nature where plenty exists, and of a cheap and tawdry character in homes of moderate incomes, is making houses keeping a nerve-racking burden. A serious phase of this furnishing is that hundreds of women believe these jim-cracks ornament their rooms. They refuse to believe that useless ornamentation always disfigures and never ornaments. Simplicity is the only thing that ornaments. It does more—it dignifies. The most artistic rooms are made not by what is in them, but by what has been left out of them. One can never quarrel with simplicity, and nothing goes to make for perfect good taste so surely as a simple effect. A tasteful effect is generally reached by what has been left undone. And that is the lesson most needed in America to-day; not what we can put into a room, but what we can leave out of it.

### THE IDEAL BED-CHAMBER.

It should be as large and airy as possible, and Not Overfurnished.

The importance of the sleeping and bathing arrangements of a house is not half appreciated. Every bedroom should be provided with the essentials for healthful sleep and the daily sponge bath. As nearly as possible, the room should be kept free from anything that would tend to contaminate the air. It should be as large as one can afford and the windows so arranged that they may be opened at the top and bottom if possible the floor should be bare and the rugs so small that they can be taken outdoors with ease for cleaning and airing. Everything about the room should be washable. The bed should be light and fitted with strong casters so that it may be readily moved. The springs ought to be firm and strong, and the mattress of a kind that will not allow the heavier part of the body to sink and so cause the sleeper to be in a cramped position. My own preference is for a cheap hard mattress next the springs and a light one of hair on top, but any kind of a firm mattress is better than one that is too soft. Above all, do not overfurnish the bedroom.

### OUR LEGAL DIGEST OF INSURANCE CASE.

MARRIED WOMEN AS NEXT FRIEND OF INFANT.

In the rather curious case of Kerr v. Rowell which came up before Judge Rose, sitting in Chambers, on Sept. 13, a point of interest to insurance men arose collaterally. The action was brought by a young woman to restrain the use of her photograph for advertising purposes. Defendant set up that the plaintiff was an infant and could not properly bring the action. A motion to join the mother as next friend was granted by the Master, but on appeal Rose, J., reversed this ruling. The cases relied on were *Thynne v. St. Maur*, 34 Ch. D. 465, and *Mastin v. Mastin*, 15 P. R. 177. *Thynne v. St. Maur* held that the old rule that a married woman cannot act as next friend has not been abrogated by the Married Women's Property Act, which, in providing that the married woman shall be capable of suing and being sued in all respects as if she were a *feme sole*, is limited to actions relating to herself personally. Following this, but going further, *Mastin v. Mastin* held that although a married woman could not act as next friend, yet her doing so did not render the proceedings void, and the defendant's remedy was to apply to remove her and to stay proceedings until a proper next friend should be appointed. The learned judge held that he was bound by these cases, and must, therefore, refuse to allow her to be joined as next friend.

The foundation of the rule seems to have been the non liability of a married woman for costs. As in many instances actions on insurance policies have to be brought on behalf of infants, and as the mother is frequently in such cases the most appropriate person to act as next friend, it seems a highly unjust state of the law that so long as her husband is living she should be unable to represent her children in an action. The legislature should so amend the law as to abolish this out-worn doctrine.

**VOLUNTARY BURNING TO UNNECESSARY DANGER**

Deceased who was baggage man at