

THE HOUSEHOLD.

EXTRA WORK.

BY ERNESTINE IRVING.

Some women have a faculty for doing a large quantity of extra work that amounts to mere nothing, which tires and frets and worries, to a remarkable degree.

Many people in telling a story or giving an account of some fact, waste time, health, and the patience of their listener in detail before the pith of the matter is reached. They will begin something like this: "Last Monday, no, I think it was Tuesday, well, I don't know but it might have been Monday, any way it was Monday or Tuesday one of the two, and if not, the first of the week. Well, as I was saying, I walked down the road and saw a carriage with lady and gentleman coming this way. I watched them, half mistrusting who they were till they came in full sight, when I saw it was Uncle and Aunt Jackson, come to take dinner here on their way to the Baptist convention over the river."

This little statement could be put in fewer words, less tiring to talker and listener, and yet the full meaning grasped at once. I think in many cases it is so with housework. If one makes great talk and commotion about a piece of work before it is begun, there is liable to be less concentration and force when actually started. Patter, patter, talk, talk, all the little particulars and minutiae add nothing. A straight-about course, understanding the work and doing it, is what tells.

Some mothers think they must do every thing themselves, not depend on or expect any thing from their children. I call to mind one who picked up her daughters' sun bonnets every time they threw them down, and hung them in their proper place. She said she never required her children to wait upon themselves in the least, she always did it for them, although it was very hard work for her, and made a great deal of extra, as she kept no hired help.

What was the end? Inflammatory rheumatism that became chronic. Years of helpless invalidism that compelled those children to pick up their own belongings or stumble over them, prepare their own food and do for themselves about all that was done for them. People groaned and shook their heads, pointing to the overworked mother in her distress as a sample of folly. Let us call it more the result of ignorance of physiological laws. She was quite well, and little thought but that her present strength would endure. Had she husbanded it more carefully, and guarded the conditions of health and disease more securely, quite probably she might have escaped the severe penalty.

I call to mind a second case, a minister's wife with seven children. I said one Sabbath, "Do you not feel weary, Mrs. J., when you reach church, after getting such a family ready? For I notice all are here from stately Helen to baby Edith."

"Tired? oh no. But if you imagine I do all the housework and dress all these children for church you are mistaken?"

"Who does it? not the minister?"
"Oh, no. Each child has his part, and does it promptly and faithfully. I have taught them from babyhood to wait upon themselves, and upon their papa and me. In their young, bounding life it is no task, and serves as discipline."

"Wise mother!" thought I. "You are building on the right foundation."

To waste one's forces in getting ready for battle, leaving no reserve for the conflict is poor generalship. I have known people dressing for callers, or preparing for company, work so hard, talk so much, fuss and fix so long, that when the people arrived the nervous force of the hostess had been consumed, and she had nothing left for bright conversation and general good feeling at their visit. It pays in the long run to keep one's self fresh and bright.

"This looks well on paper, and is easy enough to write, but how it is to be done!" says one tired sister, who, all her life has been doing and doing for others and not herself. How is it to be done? First, by taking time each day from many of those little extras you are now doing, and will discover if you earnestly set about it, taking time from them to read and rest a little. You will find, if you persevere, this time for resting will gradually lengthen, till, when you have followed it six months, you

will be surprised to find what a recruited soldier you are, while the main work of your army has still been going on.

There was a time when the writer of this article thought she could do many kinds of work, besides her regular employment of teaching. After a short trial, the consequence for her was a substitute in her school and comparative rest from all labor. Nothing is gained by over-pressure. An engineer knows the power of his engine, and if greater speed is attempted, then the distance must be shortened for only so much can be accomplished. The human engine is very much on that principle, but often in our blindness we fail to see it, and when the water is low in the boiler put on all the steam that can be carried, when lo! the snap is heard before the strain is ended or the work accomplished. Rest from the extras by not doing them, and, second, don't fritter. If you have something on hand to do, do it.—Household.

THE CARE OF LAMPS.

The necessity for the proper care of lamps cannot be too strongly impressed on every one who has charge of a household, for ill-trimmed, foul lamps not only cause serious discomfort and annoyance, but more or less aggravated disorder of the health of every one who breathes the air contaminated by them. Some hints as to their management will doubtless be welcome.

The use of kerosene in one form or another is so universal, even in great cities, and its full brilliancy is so rarely attained, that any information leading to that end is of great value. No medium used for household lighting produces, under given conditions, gives so soft, so brilliant, and so steady a flame as the best qualities of kerosene. The given conditions are absolute cleanliness of the lamp, the wick, and the oil, also the chimney. To attain the first it will be necessary once a week or a fortnight at least to empty the lamp of its contents and wash it inside and out with hot soap and water, and a little washing soda. When clean rinse again and again to remove all traces of soap, then invert the lamp and leave it to drain until perfectly dry. If the burner is badly blackened take a little fine ashes and an old tooth-brush, moisten the ashes with ammonia water and scrub vigorously; then rinse, and polish with flannel. The next step will be to place a new wick in the burner; wicks are not costly; they should, therefore, for purposes of proper burning and good illumination, be used only a week, and then removed, as during that time they have absorbed sufficient impurities from the oil to become charged with them to a degree interfering with the best powers of the oil for illumination.

Lamp wicks should be trimmed every day with great care. It is claimed by those who profess to know, that wicks made of felt are greatly superior to the ordinary cotton wicks and doubtless this is the case, because the felt presents no network for entanglement with the small toothed wheel that elevates and lowers the wick.

The lamp and wick having been treated, we must next consider the chimney, that brittle object which causes such annoyance by its tendency to breaking at most unexpected junctures. This brittleness results from insufficient, or rather imperfect, annealing of the lamp glass in its manufacture, and may be in great measure remedied by the simple process of putting the chimneys into a kettle of cold water, and gradually heating them till the water boils, after which they must be allowed to cool very gradually. This might be repeated several times with good results, after which they must be polished with a soft, clean, dry cloth. If soot collects in the chimney from any sudden turning the wick too high, or by exposure of the flame to draught, brush it out with one of the chimney brushes, which should constitute part of the lamp equipment in every well-regulated kitchen, and then rub and polish with clean cloths on the end of a small mop of cotton wick.

All the routine connected with the care of lamps should be performed in the early morning hours, and at a regular time. This being observed it will only be necessary to give the lamp a slight dusting or rubbing with a cloth before lighting it and bringing it to the table or sitting-room in the evening. Having observed carefully these directions, the housewife will be rewarded by

PUZZLES—No. 11.



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EVEN THINE ALTARS
O LORD: HOSTS

the brilliant, steady soft glow of the lamps that cheer and light the evening hours.

It remains only to advise that the housewife select good lamps when purchasing, and to use them only when the wick is turned up to its best capacity for illumination without smoke; in a word, never allow a lamp to burn with its wick turned low, as the effects are most injurious to the atmosphere of a room, and consequently to its tenants, beside being most disagreeable.—Christian at Work.

RECIPES.

TO EXTINGUISH KEROSENE FLAMES.—If no cloth is at hand, throw flower on the flames. Flour rapidly absorbs the fluid, and deadens the flame.

HOMINY BLANCMANGE.—Put three ounces of hominy to soak in cold water, just enough to cover it, then, in a few hours, add a pint and a half of milk and cook gently for two hours, when it may be sweetened and flavored to taste, and poured into moulds. It sets in a very short time.

APPLE SNOW.—Make a pint of custard with the yolks of three eggs in the usual way; the whites must be beaten to a stiff froth, and mixed with the pulp of four or five baked apples well sweetened and flavored with lemon-rind. This, if lightly piled on the custard, has a very pretty effect. It should be kept in a very cool place until wanted for use.

OYSTER OMELET.—Add to a half cup of cream six eggs, beaten very light; season with pepper and salt, and pour into a frying-pan with a tablespoon of butter; drop in a dozen large oysters cut in halves, or chopped fine with parsley, and fry until a light brown. Double omelet over and serve immediately.

ORANGE JELLY.—Cover one box of gelatine with one pint of cold water and let it soak one hour; then add one pint of boiling water and one pound of sugar. Stir until the sugar is dissolved, then add one pint of orange juice, strain, and turn into moulds to harden. This should stand at least twelve hours.—Traveller.

WHEAT FLOUR is excellent for cleaning worsted shawls, hoods, mittens, and other garments. Take dry wheat flour, put it in a tub or vessel in which it can be rubbed, and then rub just as if with soap or water. The garment will become clean and fresh-looking once more. This is for white or light colors; perhaps it would not cleanse dark colors. The flour shakes out very easily.

STEWED APPLES.—Strain the juice of two lemons, add the rind cut into thin strips, and half a pound of sugar. Bring as slowly as possible to the boil, let it simmer until thick, then add seven or eight apples peeled and cored, and as uniform in size as possible. Turn them in the syrup a few times during the stewing, which must be gradual, or they will break. Put them in a glass dish, and pour the syrup round them. The exact quantity of sugar must be determined by taste, and the apples should be rather small. Unless the lemons are very juicy, it may be necessary to add a little water.

Where is the above verse to be found?
HOUR GLASS.

A spotted animal.
Old.
Before.
A vowel.
Flowing back.
Heaped.
Calmly.

GEORGE GARRUTT.

BEHEADINGS.

1. Behead a time-piece and leave a fastening.
2. Behead a story and leave a drink.
3. Behead an ornament and leave a clattering noise.
4. Behead a garment and leave a grain.
5. Behead a month of the year and leave a structure.
6. Behead a seat and leave a part of the body.

JOHN PETIT.

AN OLD RIDDLE.

A single mourner was seen following the remains of some person to burial. A stranger had a curiosity to know what relation the mourner could be to the deceased, and on inquiry of him received the following answer; brother and sister have I none but this man's father was my father's son. Now what relation could the mourner be to the deceased?

NUMERICAL ENIGMA.

I am composed of 9 letters:—
My 1, 7, 4, 6, is a beast of burden,
My 10, 2, 8, is a piece of cloth,
My 6, 4, 9, 3, is to strike,
My whole is something made from a tree.
G. O. FISHER.

ANSWERS TO PUZZLES—NUMBER 10.

PICTORIAL ACROSTIC.—"Edinburgh." 1. Egg; 2. Duck; 3. Iris; 4. Nut; 5. Bell; 6. Umbrella; 7. Rabbit; 8. Glass; 9. Hat.

WHAT ARE WE.—Spectacles.

COMBINATION PUZZLE.—

S	C	O	W	L	C	O	W	L
C	H	A	R	T	H	A	R	T
T	A	L	E	S	A	L	E	S
T	R	I	P	E	R	I	P	E
S	L	E	E	K	L	E	E	K
R	E	M	I	T	E	M	I	T
A	S	I	D	E	S	I	D	E
P	L	E	A	D	L	E	A	D
S	A	B	L	E	A	B	L	E
S	M	I	T	E	M	I	T	E
O	B	E	Y	S	B	E	Y	S

A REVERSAL.—Mot-mot. Tom-tom.

WORD SYNCOPATIONS.—Balloon; all, boom. 2. Seine; in, see. 3. Polite; lit, Poc. 4. Lignament; game, lint. 5. Villain; ill, vain. 6. Washing; shin, wag. 7. Disease; seas, die.

CORRECT ANSWERS RECEIVED.

The following young people have sent correct answers to puzzles:—John Pettit, Herbert Fife, George Garrutt, Albert Brown, and Ella M. Robertson. Address Ed. "Puzzles," Northern Mes senger.

BREAKFAST FRITTERS.—One cup of cold boiled rice, one pint of flour, one teaspoonful of salt, two eggs beaten lightly, two teaspoonfuls of baking powder stirred into the flour, and enough milk to make a thick batter. Fry like griddle cakes.