

all of the time, still I think they love best to be home-keepers for papa.'

I noticed that each one of the children had a low hook for her wraps. Even the three-year-old Roy always got his, and he brought them to some one to put on, and when he came in and they were taken off, he always went and put them away.

It was so with their playthings. Each child put away his own, and if they played in company, they put them away that way. It was sweet to see Roy come to his mother, and say, 'I's pick up my .33 pins, mamma,' and she answered, with a kiss, 'That was mamma's little help man.'

At eleven Nellie took Roy and Lucile, and went for her rest, as she called it. When she came back, I asked her what she meant. 'I always plan my work so that I can lie down and rest for fifteen minutes when the children take their nap. It is such a comfort to have Roy put his arms around my neck, and say, "I's put you to sleep, mamma." I usually doze off, and I am so refreshed that I am more than repaid for the effort.'

The girls came in for dinner at twelve ten, and Mr. Morton soon followed. As soon as the girls had hung up their wraps, they went to the kitchen, put on dark aprons over their white ones, and began helping Nellie take up the dinner. The vegetables and meat were put in the warming oven, and the soup brought to the table. After we had finished our soup, Doris and Elizabeth removed the dishes and brought on the dinner. In the same way they carried out the dinner plates, and served the dessert. During my visit Nellie never left the table to wait on us.

As the children had one hour and a half at noon, they were able, with Nellie's help, to have all of the eating dishes finished before going to school.

I asked Nellie why they had dinner at noon.

'Because the children go to bed so early they can't have a late meal. I try for the sake of the children to have all of our meals simple, and our dinner isn't more than many have for luncheon.'

The children were home from school by four, and after each had practiced for fifteen minutes they were off for a half-hour's play.

At five, Doris came in and prepared the children's supper. She used their doll's table and dishes. They had hot cocoa, and bread and butter, and little sponge cakes. It was a simple meal, yet they seemed to enjoy it. After they had finished, they seemed to enjoy equally well the clearing away and washing up of their dishes.

As they went away for play again, Nellie said, 'Unless I have company or am unusually busy, I always get their little supper myself. I try to have it a surprise, and fix it nicely, and they play that I am their serving maid. While they are eating and washing up their dishes, I read to them. As far as possible, from the time school is out until they are in bed, my time is theirs. They help me so that I can play, read, or walk with them, and the very mention of having a servant girl in the house again makes them cry out, "O mamma, don't! We like it best this way, and we will help all the more, and then you won't be too tired." For many times I have been tired and ready to give up, yet I know, on the whole, we are lots happier. There is less quarreling among the children and less of "Mamma, what shall I play now?" Though we don't pay them, they know by their help they save at least fifteen dollars a month, and we are putting that out at interest, so they can have it when they are older.'

It was nearly seven when Mr. Morton came home for supper, and after we had finished, he had a romp of five minutes with the babies. Then Nellie sat down to the piano and played one of their school marches, and they were off to bed.

When Nellie was back from putting the children to bed, I said, 'I never saw children go to bed without a murmur, as yours do.'

'They know no other way. From the time they were little babies, I fed them

and put them to bed at fixed time, so that eating between meals and staying up past bedtime is unknown to them.'

'Don't the children practice more than twenty-five or thirty minutes a day?'

'That is all the time I require of them. Doris loves her music so well that she usually puts in much more time. Often she will practice fifteen or twenty minutes before breakfast.'

My visit in Nellie's home gave me food for thought, and while I had come hoping to convert her, what could I say when she said, 'Now, Edith, you can't believe that I ought to leave these little ones, whose confidence I have, to the care of some ignorant girl, while I am off to the club or at something similar?'

Household Hints

Paint brushes on which the paint has been allowed to harden may be very easily cleaned if they are put to soak for a few hours in linseed oil. This will soften the paint and they can be rinsed in turpentine until they are clean.

Sometimes one is unfortunate enough to swallow a bee or wasp sting in some fruit, and so get stung in the throat. The best remedy is to chew and eat a small onion. It is unpleasant, of course, but as such stings if left alone may have very serious consequences, and this is one of the simplest and best remedies, it is well worth trying.

Children who suffer from diarrhoea should not be allowed to drink milk till it has been boiled. The white of an egg beaten to a stiff froth and whisked up with a little beef-tea or boiled milk, will often check an attack. Rice, in any form, is excellent for children who are troubled with diarrhoea.

Fruit is principally valuable for its salts and free acids, required by the system at all times, but more especially when the weather is warm. Fruits, owing to these, cool and purify the blood, and keep the entire alimentary canal in a healthy condition. If children were fed liberally on fruit, they would be in better general health.

A writer in our exchange says: 'There is no better remedy for the sting of a bee or wasp than common mud. The writer, not long since, watched a kitten which treated a bee with undue familiarity and was stung on the nose, promptly rub the injured member in the mud and earth. A little earth and water will almost instantly relieve the suffering of a child from this cause if it is promptly applied.'

Selected Recipes

Bread and Fruit Pudding.—Line a plain mould or buttered baking dish with slices of bread dipped in milk to soften. Then fill the mould with layers of sliced apples, seeded raisins, a little sugar, and grated lemon peel. Beat three eggs light and add two cups of hot milk with a pinch of salt. Pour over the fruit and bread and bake in a moderately hot oven until custard is set in the centre. Serve with vanilla sauce.

Vanilla Sauce.—Put one pint of milk in a farina boiler, beat yolks of four eggs with two tablespoonfuls of sugar until light. When the milk is scalding hot pour it over the eggs and stir until thoroughly mixed. Return to double boiler and stir and cook until the custard will coat a silver knife. Remove from the fire and cool slightly, then add a teaspoonful of vanilla.

Prune Pudding.—Use one-half pound of prunes stewed till very soft. Drain off the juice, remove the stones and whip till smooth. Beat whites of three eggs very stiff, stir half a cup of sugar into the eggs gradually, then add whipped prunes; beat well together, and bake for ten minutes in a moderate oven. Serve when cold with whipped cream.

Cabbage Stewed in Milk.—Slice a small cabbage into shreds, cook it in boiling salted water, with a pinch of soda, for fifteen minutes; turn into a colander, strain

thoroughly, return it to the stewpan, add one pint of milk and a grating of nutmeg; cook until very tender, uncovered; there should be very little milk remaining in the kettle; add salt and pepper and bits of butter; serve very hot.

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