

THE HOUSEHOLD.

A RISING QUESTION.

BY KATE UPSON CLARK.

"How do you ever get your boys up in the morning, Mrs. Berry?" asked one mother of another. "We ring bells, and call and call, and at last their father has to go upstairs, and fairly drag them out of bed."

"At what time do they retire?" inquired her friend in return.

"Oh—not late. It doesn't seem to make much difference when they go to bed. They hate to get up just the same when they go early as when they go late. They are always in bed before the rest of us start, and none of us sit up later than eleven."

"But your eldest boy is only fourteen. Doesn't he go to bed before ten?"

"Oh, yes, generally. But they do hate to start, and it is apt to be later than we intended when they are fairly in bed."

It was plainly to be seen that the reason why those boys disliked to rise in the morning was because they went to bed too late at night; but the mother did not half believe it, and she could scarcely credit Mrs. Berry's statement that it was with difficulty her three boys—who were a trifle older, respectively, than her friend's—could be kept up till their retiring hour, which was seldom later than half-past eight for the very eldest.

"What! that great boy, six feet tall, going to bed at half-past eight!" exclaimed Mrs. Berry's friend. "How absurd!"

"It is on account of his rapid growth that he needs sleep," said Mrs. Berry, warmly. "His system must have been severely taxed by it, and we are trying to keep him from undue study or strains of any kind."

In her secret soul Mrs. Berry's friend thought that those boys were in a fair way to be ruined by such a hyper-careful mother; but as she knew that they were all bright scholars, and noted for their proficiency in athletic sports, she could not "put her finger," as the saying is, upon any specially bad results of Mrs. Berry's training.

If mothers would only realize that care and thought are needed when children are well—every hour—there would be much less need of care and thought for sick ones. "In time of peace, prepare for war."

If healthy boys are kept properly busy all day, they should be tired enough to be willing to go to bed. Plenty of fresh air and exercise, and a generous, wholesome diet, should make boys sleepy at a regular time, and that early, every evening. A great deal, however, will depend upon the training to which they have been accustomed from infancy.

When a healthy baby is about a year old it is mature enough to go to sleep by itself, at about six o'clock, and to sleep all night. On no account should the rule of putting it to bed at a regular hour, and alone, be broken. It should be warm, well-fed, comfortable, and then, by a week's time, it will learn to go to sleep when laid in its usual nest. At six or seven years of age a child who has been brought up from babyhood to go to bed regularly will retire, after a light, plain supper, at seven or half-past, according to the season of the year, without wishing to sit up later. As he grows older, his bed-time should be judiciously advanced, but at sixteen a boy, who has to rise at six or half-past, should not sit up later than nine, and not so late as that if he is growing fast. If possible, have each boy sleep alone; at any rate, be sure that a current of fresh air runs through their rooms, and that the bed clothing is adjusted to the temperature. Too many coverlets have often made a boy toss all night, and waken unrefreshed in the morning. Lack of sound sleep during the night is a prolific cause of unwillingness to get up in the morning.

See that your boy knows how to make his bed neatly. In emergencies in a family, and even as a regular duty where there is insufficient service, it is most convenient that he should know how to perform this work; and it may some time be of the greatest use to him. There is nothing in the act which is derogatory to a boy's dignity. It is not advisable to provide delicate decorations for a boy's room,

especially if two or three boys share the same apartment. A few pillow (or other) fights, which will sometimes occur even in the best-regulated families, will soon ruin fanciful furnishings; but the room should be neat, and should be kept so.

Boys should not habitually eat dinner at night before the age of twelve, and even then not later than six o'clock. It is most imprudent to allow children to go to bed within two hours after their dinner. If possible, have all their studying out of the way before dark. The pitiful stories which are told of boys who study up to their retiring hour, and then talk, and even walk about, in the night, are heart-sickening. Pleasant games and entertaining books (read aloud in the family circle, if possible) should fill the hours between the last meal of the day and bedtime.

Boys brought up in this way will be ready to get up in the morning, and they will develop into men who will not acquire readily the horrible prevailing insomnia. Each night should be to everybody like that peaceful one, so beautifully described by the poet when he personified the night as the fairy mother, who

—slid down one long stream of sighing wind,
And in her bosom bore the baby, Sleep.
—*Congregationalist.*

HINTS TO HOUSEKEEPERS.

When furniture is badly fly-specked it can be washed off with cold water and a soft rag, then polished with kerosene applied on a rag. Even a piano can be cleaned and polished after this fashion. The polishing is largely a matter of long strokes well applied with the hand or arm.

Mirrors which are fly-specked should be first washed off in cold water, and then polished with a chamois skin dipped in alcohol.

During the damp weather which sometimes comes in summer, iron and steel articles will accumulate more or less of rust, unless much caution be used to prevent it. If the smaller articles are rubbed in boiled linseed oil, it will sometimes prevent this. Or yet an application of a mixture of one-half ounce camphor gum in one pound of clarified lard, with black lead sufficient to give it a black color, can be rubbed on any or all articles of iron or steel, and it will prevent their rusting. After the application has been fully made, it is left on for twenty-four hours, and then wiped off with a linen rag.

Picture frames of gilt can be cleaned by dipping a small sponge in alcohol and wiping them gently off.

White straw matting should be occasionally wiped off with salt and water. It will prevent its turning yellow. Or yet a very thin coat of varnish can be applied to matting, and it will keep it from wearing off so quickly as it otherwise would do.

Spots on door-plates, door-handles and on paint can be cleaned by wiping off with a weak solution of ammonia and water.

Cornices, mountings and picture frames of gilt should be carefully wiped off with a soft bit of cotton flannel, dipped in water in which a very little borax has been dissolved. They should be rubbed with exceeding care, lest their lustre be tarnished. A coating of copal varnish improves either new or old gilt frames, and fly-specks can be more readily wiped off.

All lamps should be kept very bright and clear, the wicks well trimmed, and the air-holes free from dust or dirt. If wicks are boiled in water in which a trifle of soda has been dissolved, they will burn with a clearer and steadier light than if put into the lamp without previous preparation. Chimneys, if good crown or tempered glass, ought to bear the heat well, and not crack upon any ordinary exposure. But any glass will bear to be put into cold water and boiled before using, being toughened thereby. This rule applies equally well to lamp chimneys, and to other glass utensils in common use.—*Christian at Work.*

HANG THE MATCH-SAFE HIGH.

One cannot begin too early to try to teach little children that matches kindle fire, and fire will burn. Young children understand things plainly taught them earlier than many grown people think possible.

Of course it is for a time a puzzle, for a "little tot," to see clearly—"why his or her elders freely handle fire if it will burn.

If matches will burn baby, why will they not burn mamma?"

Example will do much toward making children careful in handling matches. If they see the "grown-ups" use proper prudence, when lighting matches, it will impress them that they, too, must be careful.

But all children are not alike easily governed, as we recall two little fellows, equally bright, who were given alike the same loving care and instruction as to the danger of playing with matches. One, if finding a match upon the floor, would carry it to his mother, saying, "put it up, or it'll burn Arthur."

The other little man seemed possessed with a desire to play with matches and "light a fire."

A few days ago, a two-year-old, brown-eyed baby girl, left a desolate home and heartbroken parents, who had never dreamed that—"such a wee thing could climb upon the dresser, reach from the brackets the covered matches, and fatally burn herself."

Having occasion to go out for a little time the mother left little Greta with her grandmother.

The child, a restless, merry one, soon went into "mamma's room," and indulged in a romp with kitty.

The infirm grandmother called repeatedly—"Are you there, Greta?" resting easily regarding her safety until Greta screamed as if in agony.

The poor old lady lost presence of mind when she saw the "baby" sitting upon the dresser enveloped in flames. Instead of attempting to smother the fire, she carried her to the kitchen sink through the draughty stairway, setting her own clothes on fire. Help came immediately, but baby was fatally burned.

A few hours before her death Greta was free from pain and able to speak. The beautiful eyes looked natural again.

"Mamma," she said, in a weak little voice, "Me is solly, so solly, I climbed up on 'ee dresser—I dot matches—I lighted un, an' burned me pitty apron, an' booful dress, an' I cried for dramma. Is you solly your baby was so bad? Baby'll never burn matches, don't want to see 'em shine any more."

In spite of medical aid and loving care "baby" died, and the lonely young mother says again and again, "if I had only kept those matches hanging high upon the wall in a strong metal match-safe, instead of keeping them in a frail little shell, upon the dresser. Who could have thought of the darling climbing upon it?"

The feet of restless little toddlers carry them about swiftly and often into dangers. Mothers, even the most careful and devoted ones, cannot always have them in sight, and other guardians are not always careful ones. But one may endeavor to keep dangerous things out of harm's way.—*The Christian Weekly.*

USEFUL HINTS.

DISH-CLOTHS AND HOLDERS.

Young housekeepers, especially, are sometimes puzzled to know what to use for dish-cloths, as they have no old linen. New linen is stiff, and old wears out so quickly that it is not very satisfactory. New cheese-cloth makes very good dish-cloths; it is soft, easily kept clean and dries quickly. Take a piece twice as large as you wish your dish-cloth to be, and sew it into a bag; then turn it, fold in the edges and stitch the open end together. Quilt it across three or four times, and you have a good dish-cloth. It will take but a few minutes to make three or four of these. The checked linen that comes for that purpose makes the best cup-towels. They should be one yard long, and one should have at least four of them. Be sure that they are washed, rinsed and hung up to dry, out of doors in pleasant weather, every morning, and go into the family wash every week, and they will always be sweet and clean.

Never permit either dish-cloth or cup-towel to be used as a holder. Have two or three holders made of three thicknesses of crash, with a brass ring sewed to one corner to hang them up by. These can be washed and kept clean. A square of crash towelling is better than a holder for lifting bread, cake, etc., from the oven, but keep it for this purpose only. I know one woman who has a piece of tape about three

quarters of a yard long, sewed to the bands of her kitchen aprons, and when she puts on her apron she slips the end of the tape through the ring in the corner of the holder and fastens it with a slip-knot, like a halter knot, then her holder is at her hand when she wants it, and she is not tempted to use her apron as a holder.—*Exchange.*

TAKE CARE OF THE GIRLS.

While I fully believe that every girl should be taught to work, at an early age be given some responsibility, yet great care must be exercised that too heavy work is not given to the young and growing girl. Many mothers, without thought of doing wrong, put the care of young children on the eldest daughter, although she is only ten or twelve years old. The fretful, teething baby must be kept quiet, and sister lifts and carries him until arms and back ache. I know a lady who has suffered for years with a weak back, the result of carrying one of the younger children. She says: "I have no doubt it has robbed me of ten years of life, besides causing untold suffering. Mother did not know that it would hurt me, and so the mischief was done."

Young girls are often allowed to lift heavy tubs and boilers on wash-days, buckets of milk and cream in the dairy, and more heavy pieces of furniture at house-cleaning time. They feel strong and do not know that it will hurt them. Girls from ten to fifteen years of age cannot be looked after too carefully. Their life is all before them, and its happiness and usefulness largely depend on physical health and strength.—*Farm and Fireside.*

PUZZLES NO. 25.

THREE WORDS WITHIN WORDS.

In each of the following sentences behead and curtail the word represented by the long dash, and there will remain three words, which may replace the three short dashes. Example: It is Sue at the door — — — I am glad of a — — — Answer: Visit-or.

1. Joseph's brethren seemed to think — — — to hide him in.
2. When such a claim — — — there is but little use in — — — it.
3. One would gaze — — — admiration, no matter how large the — — — at which she was met.
4. His success in — — — acknowledged fact by enemies as well as devoted — — —.
5. We look with admiration — — — of the career of Napoleon — — —.

DIAMOND IN A HALF-SQUARE.

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- Cross-words: 1. Blotted out. 2. Cut off or suppressed, as a syllable. 3. Cloth made of flax or hemp. 4. A paradise. 5. A numeral. 6. A boy's nickname. 7. In diamond.
- INCLUDED DIAMOND: 1. In nimble. 2. A cover. 3. Cloth made from flax or hemp. 4. A cave. 5. In nimble.

ZIGZAG.

Each of the words described contains four letters. The zigzag, beginning at the upper left-hand corner, will spell the name of an Indian girl.

Cross-words: 1. To ripple. 2. To observe. 3. An instrument of torture. 4. A volcanic mountain of Sicily. 5. A Roman emperor who reigned but three months. 6. A burrowing animal. 7. Close at hand. 8. A minute particle. 9. A decree. 10. The principal goddess worshipped by the Egyptians.

ANSWERS TO PUZZLES.—NUMBER 24.

A PYRAMID.

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C A R I
T E L I C
O U T R U S H I A
B R I T T A N I A
E S T A B L I S H E R
R E C O N S T R U C T E D
Primals—October. Finals—Orchard.

A STAR.

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P
P U L A S K I
P A T T E N
S T I N T
K E N N E L
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R

BIOGRAPHICAL ANAGRAM.

3. Publius Virgilius Maro, Mantua, Italy, epic poet, antiquity, Eclogues, Georgics, Aeneid, Augustus, Eclogues, Hallowe'en, Dryden.

AMERICAN CHARADE.—Wordsworth.

TO OUR PUZZLERS.

Messenger Puzzlers! we have not heard from you for quite a while. Is it not time for you to come again? Send in answers to these puzzles anyway, and with the answers why not send one or two of your own composing as well. With all your letters be sure to give your full name and post-office address. Only your *nom-de-plume* will be published if you so wish.

EDITOR PUZZLES.