

THE HOUSEHOLD.

THE BROWNIE.

Once afar in the "land o' cakes,"
Of rugged mountains and bright blue lakes;
There dwelt a frugal and simple pair,
Prosperous, thrifty, and full of care;
Early they slept and late they woke,
Honest and diligent farming folk;
Plenty of bairns they had, indeed,
Many to clothe and many to feed,
But love made labor a pleasant thing
To child and parent—and all went well
Till in the household, one luckless spring,
A mischievous Brownie came to dwell.

Ah, he was a wicked sprito indeed!
He scared the cattle and stole their feed,
He fastened burs to the poor cow's tail,
He scattered sand in the milk-maid's pail,
He lamed her three-legged milking-stool,
And down she went in a creamy pool.
He led the moes to the planted seeds,
He spoiled the garden with worms and weeds
He lured the sheep to the field of oats,
He tore with brambles their fleecy coats.
He told the birds of the cherry-tree,—
A wicked Brownie indeed was he!

He harassed kitchen as well as byre;
He quenched the coals of the housewife's fire,
He broke her distaff, and laughed at her,
He filled with burdocks the kitten's fur,
He burned the cakes and he scorched the broom,
He scattered the ashes about the room,
He rusted the kettles, knives, and tins,
He lost the needles and stole the pins,
He soured the milk and spoiled the bread,
He sprinkled crumbs in the children's bed.
He plagued the goodman with aches and pains
Rheumatic twinges and cruel sprains,
He took his mind from his prayers and creed,—
Ah, he was a wicked sprito indeed!
At last, when patience was worn to shreds,
A plan came into their worried heads,
To leave forever the fated farm
Where they had suffered such loss and harm,
To trick the Brownie, and steal a way
And leave him lonesome, some pleasant day;
And so, though sorry and sore at heart,
They loaded waggons, and horse, and cart
With round-eyed children, and goods, and gear,
The good wife grieving, with sob and tear
At leaving thus, for no sin or wrong,
The dear old home she had loved so long.

When all was ready to start away,
A passing neighbor,—'twas market-day,—
Called "Going, neighbor?" across the road;
Just then, atop of the highest load,
Peered a moment a small brown head—
"Yes, we're sittin'!" the Brownie said!
The couple looked in each others eyes,
With terror, sorrow, and sore surprise,
And read there plainer than words could say,
"What is the use of running away?
Little good will our moving do
If this bad Brownie is going too!"
Then in silence did they unpack
Their household goods from the pony's back,
And the heavy cart and the loaded wain,
And placed them back in the house again.

And the good wife said, as she blew the coals,
Ah, for our discontented souls!
Wherever we go, by land or sea,
There will our cares and trials be;
They haunt all houses, beyond a doubt,
We can't escape them by moving out!
Whenever we seek a new abode,
We take our Brownie atop o' the load!"
—Elizabeth Akers, in *Fouth's Companion*.

AN IDEAL.

BY ANNIE M. TOOMEY.

It is the commendable aim of every sensible modern architect to arrange a roomy and convenient kitchen in houses of their construction, as it is in reality the most important portion of any dwelling place.

Excepting kitchen or bedroom, any other apartments of a house may be circumscribed in size, as they are not so dependent upon their dimensions for general utility and comfort as the former.

A capacious kitchen, affording plenty of light and ventilation, is always the pride of every good housewife. Providing good-sized china and store pantries are conveniently arranged in a kitchen, the necessity of marring its walls by unsightly nails and pendant utensils is obviated.

In such cupboards there should be a special shelf for spices, teas and coffee, and all other articles requiring enclosure in jars or cans.

Articles for flavoring or medicinal use should always be sealed and set carefully aside in a reserved and well-ventilated

part of a pantry, so as to prevent their evaporation or spoiling or dangerous use by incompetent persons.

No thoroughly cleanly house-wife will ever carpet her kitchen floor, as such a covering is unfit for the cooking department of any house; instead an oilcloth or a plainly oiled or painted floor that may be daily cleaned off or swept is the proper thing.

Convenient receptacles for refuse food and grease should always be arranged near by, or attached to kitchen stoves or ranges, and cleansed at least once a day, or their contents discarded, or if retained placed in suitable vessels in some cool place where their rancid odor will not have to be endured.

As home-made soaps frequently have an offensive odor, it is necessary to often ventilate vessels, towelling and rooms in which they are used for cleansing.

The walls of a tidy kitchen may be painted and hung with pretty pictures suitable for such an apartment. A plain mirror, tastefully arranged over the sink, is also a convenient acquisition in a kitchen. —*Christian at Work*.

HOW TO MAKE VIENNA BREAD.

Mrs. Emma P. Ewing has earned the reputation of being the best bread maker in the United States, and her Vienna rolls cannot be excelled in their crisp, delicate perfection. Mrs. Ewing has been before the public as a teacher of cookery for thirteen years. For four years she was Professor of Domestic Economy in the Agricultural college of Iowa; for three years she was professor of Household Science in Purdue University, Indiana, and for the past seven years she has been superintendent of the Chautauqua School of Cookery. The culinary department of the Sanatorium is now under her able supervision. At Mrs. Ewing's cooking classes, held in Rochester last month, about four hundred ladies were in attendance. Mrs. Alden, in one of her "Pansy Letters" from Chautauqua calls her "the queen of the culinary art."

If the directions in the following recipe are carefully observed, beautiful light bread of a sweet nutty flavor will be the result.

RECIPE.

To each quart of lukewarm wetting add two half-ounce cakes of Fleischmann's compressed yeast (dissolved in about three tablespoonfuls of the wetting) and a level teaspoonful of salt, then stir in flour with a spoon until a dough is formed sufficiently stiff to be taken from the mixing bowl in a mass. Put this dough on the moulding board and knead well, adding flour until the dough ceases to stick to the fingers or the moulding board, then put it in a well-greased earthen bowl, brush the surface lightly with melted butter or drippings, cover with a bread towel and blanket, set to rise, and let stand at a temperature of 75 degrees for three hours.

At the end of that time form into loaves or rolls, put into greased pans, brush the surface with melted butter or drippings, and cover as before, and again set to rise, at the same temperature, for an hour, then bake.

The oven should be at a temperature of 375 degrees—or sufficiently hot to brown a spoonful of flour when put in it, in two minutes—at the time the bread is put to bake, and should be kept at the same temperature throughout the baking. Rolls will bake in 25 minutes and ordinary sized loaves in 45 or 50 minutes.

USEFUL HINTS.

The best wetting to use in making bread is water and milk in equal proportions, but water or milk alone can be used. Dough should be kept as near a temperature of 75 degrees as possible, while rising. If allowed to get too warm the bread will be coarse, dark colored and inferior generally. If too little yeast is used in making bread, the dough will require a longer time to become light, and the bread of such dough will frequently have a yeasty smell or taste, and be devoid of the fine nutty flavor good bread always possesses. When bread is taken from the oven it should be exposed to the fresh air until perfectly cold. Bread should never be wrapped in cloths or shut up in an air-tight box while warm.

The exact quantity of flour to use in bread making cannot be given, as it depends upon the quality and condition of the flour. But

each quart of wetting will require from 3lb. 6 oz to 3lb. 10 oz of choice flour to make dough of the proper consistency, and the amount of dough mixed from these proportions of wetting and flour will make four medium sized loaves. —*Laws of Life*.

NEW DISHES.

(Demorest's Monthly.)

Cheese is not often recognized as anything more than a relish, while in reality it is a highly nitrogenous food. It is very nice with rice. Boil a cup of rice in a quart of slightly salted water, and when half done add two tablespoonfuls of butter. Never stir boiling rice; when it is soft, each grain should stand out whole in the mass. Have ready three tablespoonfuls of grated cheese, which add to the cooked rice, with salt and pepper to taste. Toss up lightly with a fork till the cheese is thoroughly dissolved, when it is ready to serve. For serving with salads, or with tea, the following are nice.

CHEESE STRAWS.—Mix smoothly together two ounces of flour, three of grated Parmesan cheese, a soupçon of cayenne pepper, and a saltspoonful of salt; add the yolk of one egg, and work all into a smooth paste. Turn out on a board and roll to one eighth of an inch in thickness and five inches square. Cut some of the paste in small rings, and some in strips one eighth of an inch wide. Place both on greased sheets, and bake ten minutes in a hot oven. They should be a light brown. Put the straws through the rings, like a bundle of sticks.

A rice curry is very nice, and it is rather strange that dishes and sauces prepared with curry-powder are so seldom enjoyed in this country. A bottle of the powder costs but twenty-five cents, and by its means an appetizing change in dishes for twenty meals or more can be concocted. Boil a cup of rice till tender. Beat up two eggs with a teaspoonful of curry-powder and a saltspoonful of salt; pour over the rice, toss all lightly together, and put into a buttered baking-dish. Put a half dozen bits of butter the size of a bean on top, and bake in a hot oven.

The cooking of fish is no longer limited to a bake, boil, or fry. Infinite are the toothsome dishes prepared from "left overs," or from canned and potted fish. For cold fish line a buttered baking-dish with mashed potato. Have a cupful of minced fish freed from bones and skin, and seasoned to taste. Beat up an egg in a cupful of drawn butter, and if you have the roe,—previously boiled,—work this and the yolks of two hard boiled eggs into the butter. Put the fish and roe—with the whites of the eggs cut in rings imbedded in it—in alternate layers. Put more potato on top, with chopped parsley sprinkled over, cover, and set in a moderate oven until it smokes and bubbles. Remove the cover for a few moments, to brown, and serve in the baking-dish.

SPICED SALMON.—Take any salmon left from dinner and pick it over carefully to free it from skin and bones, and place in a deep bowl. Prepare a *marinade* as follows: One gill of vinegar, two tablespoonfuls of lemon juice, two cloves, a bit of stick cinnamon, a bay leaf, one teaspoonful of salt, and a saltspoonful of pepper. This is sufficient for one pint of fish. Put all in a covered saucepan, and set on the stove till the mixture comes to a boil, when it is ready to pour over the salmon. Cover the dish and set in a cool place.

FIG CAKE.

Very few people are successful in the making of fig cake. Just why this is so it is difficult to say, as those who are used to the making of it consider it a very easy task.

The figs should be looked over carefully, the whole ones selected and brushed thoroughly to make them clean, as they are sometimes gritty, then by the stem dip them quickly three or four times into boiling water and lay them on a towel to drain. It is well to do this the day before; if, however, it is necessary to use them immediately put a thick paper into a baking-pan, lay the figs on this and set them for five minutes in a moderately hot oven. The object of this is to dry out the water that has been put upon them and which might make the cake heavy.

Make a cake butter with two cups of sugar, one cup of butter, three-fourths of a cup of sweet milk, four eggs, the whites and yolks beaten separately, and two heaping teaspoonfuls of baking-powder. A little vanilla or lemon may be put in if liked. As a rule, however, the flavor of the fig is sufficient for most people.

Beat the sugar and the butter together until thoroughly mixed to a cream, add the

milk and sufficient flour to make a thin batter. If it is desired to make one part of the cake white, this batter must be divided and the whites of eggs put in one part while the yolks are put in the other. For all ordinary purposes the eggs need not be put in separate portions but should be stirred in with the other ingredients. When the batter is of proper consistency, the figs sliced into very thin sections may be stirred into one-half of it. Some cooks chop the figs very fine and put them in this way. The manner of using, however, is merely a matter of choice.

It is well to sift about a tablespoonful of corn starch over the chopped figs and mix thoroughly before adding to the batter. This is said to keep the fruit from settling.

The cake is to be baked in jelly pans making rather thick layers, and is put together with soft icing. It is well to have one layer of the portion with the figs in the middle and the plain above and below; but if a thicker cake is desired, as many layers may be added as one chooses. The whole should be thickly covered with icing. This makes a most delicious cake and one that epicures specially relish.

THE PROPER DIET FOR CHILDREN.

(Dr. Mary T. Bissell, in *Harper's Bazar*.)

After school is over our child comes home, and as dinner is generally the next thing upon the programme, we are naturally introduced to the subject of food for children. And here, among so many wise mothers, it is probably a work of supererogation to even hint that simplicity and regularity are the golden rules for dietetics of children, and that because we know man to be an omnivore, and therefore liable to enjoy fish, flesh, and fowl in their season, it does not necessarily follow that we should serve every known preparation of these viands to our little ones. Nor yet that because wheat flour is an excellent article of diet for the child, for the sake of its gluten and starch and sugar, and because he may eat fresh raspberries in their season, is it a necessary corollary that a combination of the two in the form of a raspberry tart will be equally nutritious and digestible.

The Spencerian doctrine that the tastes of a child should form the basis for his diet hardly seems to us practical, so long as children are not always born in what we call a state of nature, but bring along with them into this world certain hereditary tendencies, which we make more terrible by calling diatheses, and which an intelligent system of dietetics can go some distance, at all events, to correct.

Why a child who is of a nervous temperament is benefited by a diet which contains considerable fat we do not exactly understand, nor does the presence of fat in the brain seem to be sufficient answer, but clinically we have found this to be true. So, also, should we remember that fatty foods, with a generous nitrogenous admixture, are especially desirable for children who have the tuberculous tendency, and that all influences which go to favor good digestion and appetite should be especially evoked for them; while in the dietary of our rheumatic charge we should remember to guard against too great admission of sweet or starchy articles, and not forget the favorable influence that judicious exercise has upon this disorder.

A WORD IN BEHALF OF THE KITCHEN.

The kitchen should be as neat and sweet and cheerful as any room in the house. It is well to have the wood work neatly grained and the walls painted or papered in colors to harmonize with the wood work. Have also a few pretty but inexpensive wooden chairs. Let there be at least one window shelf full of plants. There should be in every kitchen a bracket or hanging lamp. Pretty splashes of splint or other cheap material nailed back of the work-table, the stove or the sink, add much both to the beauty and neatness of a cookroom. It is very convenient to have also on the wall a housekeeper's slate and pencil, a broom and brush-holder, a match safe, a towel roller and a neat little bag—a sort of catch-all for wrapping papers, rags or any little articles to be thrown away. A few pictures on the walls add much to make the kitchen a cheerful and pleasant room. —*The Voice*.