

HOUSEHOLD.

Breakfasts.

The average breakfast is slighted. In the morning hurry the importance of its being good and wholesome is overlooked. Surely, when one comes to think of it, the first meal of the day ought to be something better than the hashed up remains of yesterday's dinner. It is not necessary that a breakfast should be elaborate, but it should be particularly well cooked, appetizing and nourishing. If one is to fight business battles or moral battles successfully, he must go forth in the morning well strengthened in the 'inner man.' Well fed men ordinarily know little of the craving for stimulants that gnaws at the stomach of the poorly nourished laborer. Wives and mothers who would save their husbands and sons from the drink fiend cannot too early learn this lesson. Fresh fruit is always a most acceptable and healthful addition to any breakfast, when the family exchequer will possibly allow it. A little indulgence in this luxury in the spring would save many a doctor's bill. Variety is another point that should be aimed at. It is particularly antagonistic to early rising to know that one is getting up to the same everlasting breakfast of bread and butter, an egg and weak coffee.—'Christian Work.'

How to Serve Fruit.

Blackberries do not, as a rule, require washing. They must be handled carefully in looking them over; being soft they are easily bruised. Plums, if served raw, may be put in a flat dish or basket garnished with greens and passed just as one would serve peaches. They should be peeled before eating. Pears and apples may be served in the same way. Peaches are more attractive when served in their own skins. Serve just at the right temperature, not warm but still not overchilled. This makes all fruits sour.

Grapes are daintier served in a flat, open basket, decorated with their own foliage.

Watermelons and cantaloupes are always best served simply chilled—not cold enough to be unpalatable and tasteless, but with no tinge of warmth.—'Ladies' Home Journal.'

Useful Hints.

A very hot iron should never be used for flannels or woollens.

Sugar in the water with which veal is basted gives an added flavor. It may be used with all meats.

Nothing is more soothing for burns or scalds than to pour the white of an egg over the injured place. It is easily procured and is more cooling than sweet oil and cotton.

Every night the kitchen sink should be cleansed by a solution of two tablespoonfuls of washing soda, in a gallon of boiling water. This should be poured in while at boiling point.

Be sure and put your clothes-pins into hot soap-suds at least once in two weeks and let them boil, after which they may be taken out, dried, and put away in a bag ready for use on next wash day.

To care for a person who has fainted, lay the person down, keep the head low, loosen the clothing, give plenty of fresh air and dash cold water in the face. Smelling salts and stimulents should only be used when consciousness has returned.

To prevent a bruise from becoming discolored apply water as hot as can be borne comfortably, changing the cloth as soon as it loses its heat. If hot water is not to be had at once, moisten some dry starch with cold water, and cover the bruised part with it.

A little powdered potash thrown into rat holes will drive the rodents away that are so annoying in cellar or kitchen; cayenne pepper will have the same effect on rats and cockroaches, and a mouse will never gnaw through a piece of cotton sprinkled with cayenne that is stuffed into his hole.

Rugs made from old ingrain carpet.—Cut the carpet on the bias, into strips about two inches wide, fringe out the edges by pulling them apart, sew them through the

centre on to a strip of strong cloth the size desired for the rug. Double the strips back and sew them near together, so that when done the edges will all be raised.

If a stove has been neglected until it has become rusty, or if the blacking has all burned off, leaving it red, it is difficult to obtain a permanent polish. By lightly rubbing its surface over with a cloth dipped in vinegar, and applying the blacking immediately, it will take a better polish, and last much longer than if the vinegar is not used.

A fashionable and delicious dish is marrow-bones, served in a somewhat novel style. The butcher saws the marrow-bone across into thicknesses of about two inches; these are boiled, laid on square pieces of buttered toast, and served hot. Some careful cooks close up both ends before boiling with a layer of thin pie-crust.

It is said that vaseline is growing in favor as an emollient for shoes. Take a pair of shoes, especially the shoes worn by ladies, and when they become hard and rusty apply a coating of vaseline, rubbing well with a cloth, and the leather will at once become soft and pliable and almost impervious to water.

A sudden and wearing attack of coughing often needs immediate attention, especially in consumptives and those chronically ill. In an emergency, that ever-useful remedy, hot water, will often prove very effective. It is much better than the ordinary cough mixtures, which disorder the digestion and spoil the appetite. Water, almost boiling, should be sipped when the paroxysms come on. A cough, resulting from irritation, is relieved by hot water through the promotion of secretion, which moistens the irritated surfaces. Hot water also promotes expectoration, and so relieves the dry cough.

Trees for Protection.

If any person will visit my home on a raw, wintry day, I will undertake to satisfy him very quickly that no investment can be made about a country home that will yield better returns for the outlay than the planting of an evergreen windbreak. On my place there is such an one that is now a rod high, which was planted eight years ago last spring. It is west and north-west of my house, in the direction of the prevailing winds. Why, it is almost like coming into a place to get warm to step out of the wintry blast and get behind that screen. It seems like another climate, and where there is sunshine this counts back of the trees, where on the other side it makes no impression. But it is in the greater comfort in the home and to the live-stock in winter that I prize the screens most highly as a profitable investment. I think that the same fuel now goes nearly a third further in warming our home than it did before we had this protection, while in the stable and yards the live stock is more comfortable also, with a saving in fodder—another name for animal fuel. The screen is one-fourth of a mile in length, with the trees, Norway spruce, four feet apart, the row taking 340 trees.—'Vick's Magazine.'

Selected Recipes.

Pickled Crab-Apples.—Select large, crimson apples, and wipe clean. Place a plate in a steamer and steam all the apples it will hold, until tender. To one quart of good vinegar add one cupful of sugar, one spoonful each of cinnamon, cloves, allspice and nutmeg, and a pinch of salt; beat to boiling and pour over the apples. After three days boil up the vinegar and pour over again. They will be ready to use in a week, and are very nice.

Sour Milk Ginger Muffins.—Mix together one-half a cupful of molasses, one-half a teaspoonful of soda, one-half of a teaspoonful of salt, one tablespoonful of ginger, one-half cupful of sugar, one tablespoonful of butter (creamed), one cup of sour milk, two and one-quarter cupfuls of flour with one-half teaspoonful of soda mixed in it. Beat well, grease muffin pans, nearly fill with the batter. Bake twenty minutes in a moderate oven.

Rice Pudding.—Half a cupful of rice, one pint of milk, one cupful of sugar, half a teaspoonful of salt, one quart of cream,

whipped; soak half a cup of gelatine two hours in half a cupful of cold water. Wash the rice thoroughly and boil in one cupful of cold water. Add one pint of milk and cook in a double boiler. After it has cooked an hour add the sugar, salt and gelatine, place in a pan of chopped ice or ice water, and beat until cold with an egg beater, then add the whipped cream and pour in a mould. Serve on a fancy platter with preserves laid around the edge.

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