

HOUSEHOLD.

Some Hot Weather Hints.

(Mrs. J. W. Wheeler, in the New York 'Observer'.)

A gas or oil stove and an ice box, while among the necessities, are not as some seem to think, the only comfort-conducting things for the hot days.

The stay-at-home housekeeper who is also maid, defines an 'ideal summer' as one in which she is up with her work, having the necessary time for canning and preserving as the fruits reach their perfection, also time for a generous getting out of doors among the flowers and vegetable beds, and time for the occasional one-day excursions which delights the small folks and which, while fatiguing enough to the one who must make preparations for leaving as well as for going (for the lunch basket is not all), is a change that keeps us toned up, as it were, and more companionable.

I know of nothing so discouraging, as a bottomless pile of sewing that has dragged over into the summer, and yet must be done. The fingers sweat, the needles stick, and everything seems to be in a hopeless state of glutinous exhaustion, how much better to have this work finished months before!

For this we must plan well and begin way back in the winter, getting all the blouses, skirts, petticoats, and little trousers made up when one is obliged to remain indoors more, and when the goods are most reasonable from the mid-winter sales. Sensible every day garments plainly made and plenty of them, should be the rule, plainly made saves so much hard ironing, and plenty of them does away with the mid-week wash, which is not a pleasant duty when the mercury dances between eighty-five and ninety-five degrees. Overalls save a great deal of washing, they are inexpensive, cool, and are now used for the little maids as well as the little men, just what they need to play in the sand pile or dig in their small gardens.

One should not try to do their housework in anything but the most comfortable of garments. Personally, I find nothing so satisfactory as the old-time sacque and skirt, it gives ease and always looks neat, whereas the shirt waist binds the waist and is frequently 'breaking apart,' to show the bindings and underwear; one can reach, turn, twist, as we sometimes must in housework, and with the sacque and skirt never look disruffled about the waist. The advantage it has over the wrapper is that the sacque may be laundered twice to the skirt once, the wrapper must be done up as soon as the waist and sleeves are soiled.

The sacque also saves the nuisance of stiff collars and cuffs, for they are made with turned down collars needing no cold starching and sleeves that may be rolled above the elbow.

Even with the spring cleaning and sewing done in season, one will not find time for much out-of-door life, unless they are willing to relax a little on the iron clad rules of cooler weather and economize themselves, which after all, is the keynote to the whole matter.

With plainly made everyday garments, one need not be a slave to the ironing board. There are more washdresses and blouses, to be sure, but one can balance them by ironing only these, the table linen, shirts, skirts and handkerchiefs, everything else can be folded from the line, while warm from the sun, the towels, bed linen, underwear and hosiery can be placed directly in the bureau, needing no airing and saving just so much handling.

The value of the 'cool of the morning' for the harder work is too well known to be dwelt upon here. The cooking made simpler, the housework lighter, all helps in the economy of the strength. The chamber work is lightest in the summer, the porch or piazza transformed into a sitting room, save much sweeping and dusting of the living rooms, which like the chambers should be divested of surplus hangings and heavy draperies until the cooler weather comes again. The rooms will be cleaner and airier without them.

It is astonishing how much heating up one can avoid by planning ahead in the cooking. With an abundance of fruit and melons, which anyone with a bit of ground can have by a little extra work, the pastry cooking is reduced to a minimum. Leave the cherry pies and berry puddings for the cooler days, that are often

scattered through the summer, and if a change from the bread-and-butter and fruit diet is desired, try a dish of baked sweet apples and cream (the August sweets come early) a mould of Irish moss or gelatine, a steamed custard or a dish of rice boiled light and flaky, either of these are quickly prepared.

Vegetables, fresh fish and crisp salads, are better than much meat at this season. Our little plot supplies us with green and butter beans, peas, lettuce, cucumbers, summer squash, beet, spinach, radishes, and later sweet corn, tomatoes and celery. Frequent transplanting from the seed-bed gives us lettuce all the summer and fall, the nucleus of many an appetizing salad. Make up a stock of salad dressing some cooler day while the eggs are still reasonable. There are dozens of receipts that keep well for months.

Cold meat is preferred to hot, which greatly simplifies the meat question, and roast beef, boiled mutton and fowl should lead as hot weather meats.

But while one can economize in the labor of cooking, it is not wise to economize much in the manner of serving; hot weather appetites are fickle at best, unless one has the country or sea air for tonic; what we eat must not only be perfect in taste, but faultless in appearance; soiled linen, blurred glass, or smooched disks are not the best of appetizers, neither are wilted flowers, drooping lettuce, soft butter and unmanageable salt. Lettuce and cress, after being well washed, will become crisp if laid upon the ice, for an hour or so; cucumbers need to be pared, and put into fresh water, then set next the ice; melons, tomatoes, pineapples and other fruit requiring paring and slicing, should be prepared before being chilled.

Keep the bread boxes and cake jars sweet by more frequent scaldings and the salt dry by adding one-third part corn-starch when filling the shakers.

Have screens that screen and the flies will not make your spring cleaning a duty to be repeated during dog-days. The adjustable screen may do for occasional use, but in windows that must be open at all times, the fitted screen only is a success, lasts many years, if kept in a dry place when not in use, and adds to the housewife's comfort as greatly as do the refrigerator and gas range.

Keep the refrigerator sweet and clean, scalding the drain pipe each time, darken the dining-room, and the stray fly will depart for brighter skies, the darkened room too is restful after the heat of the kitchen, the heat of the street, the glare of the furrow and all the tracks of the different toilers; the temperature may not be materially lowered, but the delusion is enjoyed. Do not forget the fresh bouquet, even the gardeness may secure this very graceful addition to the dinner table by aid of a thrifty window box and the wild treasures gleaned during the occasional outings.

With care, flowers will look well several days; change the water and cut off the water-soaked ends of the stems each day.

There is just one thing more, the summer visitor, for whom the housekeeper must plan. The ideal visitor needs no mention here, but the visitor who has no thought for his or her hostess's comfort, who is often late in the morning, late to meals, who scatters her possessions all over the house, who keeps the weary hostess up long after her usual time of retiring, who never tries to offset the extra steps taken for her, by polishing the glass and china, or amusing the little ones, when their mother is 'up to her eyes in cooking,' she is even more depressing than the bottomless pile of summer sewing; it is difficult to be patient with such, but welcome or less welcome the guest, 'it is wiser to spare ourselves a bit; 'much serving' makes a weary hostess, and then the visit is enjoyed by neither.

Lemon Pie.—Put ingredients together in the order here given: Yolk of three eggs, beaten, juice of one lemon, one cup sugar, one tablespoonful flour. When beaten up smoothly add butter size of small egg, two-thirds cup boiling water. Whip the whites of the eggs very stiff and stir it lightly the last thing. Bake with one crust.

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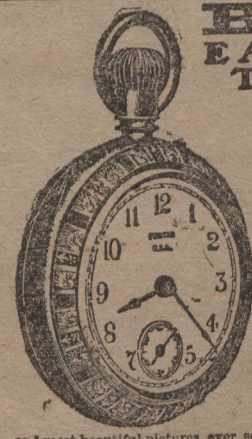
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