

WITH WOMANKIND

SUMMER COOLNESS.

A good test of health is the ability to endure, without suffering, unusual degrees of heat and cold. Those who complain most loudly in February are seldom silent in August. The well man or woman pays little attention to atmospheric conditions. But so few of us are absolutely well that any method of reducing summer discomfort becomes a matter of interest.

To be so busy that one has no time to think of the thermometer is good as far as it goes; but in the most industrious life there are meal times, there is the afternoon siesta and there is the period "when labors close," when one has fairly earned the right to "stretch the tired limbs and lay the head upon one's own delightful bed." But if the room is an enlarged oven an adjective of a different sort is required to describe the bed. In most country houses the upper part of the houses is a protection to the lower half from the burning rays of the sun. Whatever coolness there is, abides in the screened and shaded dining room, parlor and spare bedroom. If the spare bed stands between two windows, the guest who occupies it will often be obliged to close one window, or draw up a blanket, while the members of the family are tossing and panting in the superheated rooms above.

How often at dark or later of an oppressive day you will hear the voices of a farmer and his family on a porch, all dreading to go upstairs to bed. One of them is asleep in the hammock, the others are dropping off in their chairs. How hard it is to leave the dewy freshness of night and go up to those sun-baked rooms. The toad has the lute, the bird has the tree, the cricket has the under side of a bridge, and over-worked humanity has the privilege of perspiring until such time in the early morning hours as the foolish cease from sweltering and the weary are at rest.

Meantime, with screen doors locked downstairs and all other doors wide open, with every window sash raised to its utmost, a volume of coolness is entering the lower rooms. Small wonder, if a white-robed apparition comes down at 11 o'clock and establishes itself with a sigh of relief on the parlor sofa, or the dining room lounge, or even on a cot bed hastily set up in the kitchen. These movable cot beds are very pleasant in summer. One could easily be placed on a front or back porch, or, better still, on an upper veranda, which may be curtained or screened if necessary. In a house where the family are wedded to their sleeping rooms each of these apartments should have at least two windows, so arranged that both sashes can be easily removed and the entire window space covered with screening. Any room is uncomfortably warm, the occupant of which does not require a blanket on the hottest night of summer.

It is a good plan to have two meals a day out of doors—breakfast on the west side of the house and supper on the east side. A darkened dining room, with windows if possible facing north, is the coolest place for dinner. Men who are accustomed to dine in their shirt sleeves, and don clumsy winter coats on the arrival of a guest at the table, should provide themselves with coats of linen or seersucker. More refreshing than frozen puddings or ice-cold fruits or salads is the face of a mother who is not over-heated or over-tired. It is the woman at the head of the table who gives the atmosphere to the room.

Pouring cold water over the wrists is a favorite practice for cooling the system. It is much more efficacious when poured for several minutes over the elbows and allowed to flow down over the wrists. It braces the nerves better than any stimulating drink. One of the best of tonics, when one is dripping with perspiration, is to remove the damp clothing, rub the body till it is rose-colored, with a coarse towel, and put on dry garments. This certainly does not make one any cooler, but it gives such a delightful feeling of assured wellness and vigor that the lassitude and depression of extreme heat are effectually put to rout.—[L. W.]

Soot—If you drop soot on the carpet, cover thickly with salt and it may be swept up without blacking the carpet.—[M. D.]

Alum Baking Powders in Congress.

REPORT THAT EVIDENCE OF THEIR HARMFULNESS IS OVERWHELMING.

The committee on manufactures of the senate were some time ago directed to investigate food adulterations, and accumulated a volume of testimony upon the subject from the best informed parties and highest scientific authorities in the country.

One of the greatest sources of danger to our foods, the committee state in their report, exists in alum baking powders. The committee found the testimony, they say, overwhelmingly condemnatory of the use of alum in baking powders, and recommended that such use be prohibited by law.

Senator Mason, discussing in the senate the report of the committee and the several bills introduced to carry the recommendations of the committee into effect, said:—

When we made this report we made it based on the evidence before us, and the evidence is simply overwhelming. I do not care how big a lobby there may be here for the alum baking powder, I do not care how many memorials they publish, there is no place in the human economy of human food for this thing called alum. The overwhelming evidence of the leading physicians and scientists of this country is that it is absolutely unfit to go into human food, and that in many cases—if the gentleman will read the evidence, some of the physicians say they can trace cases in their own practice—there are diseases of the kidney due to the perpetual use of alum in their daily bread.

When you mix a mineral poison, as they all say that alum is, it is impossible to mix it always to such a degree that there will not be a residuum left of alum, which produces alumina, and which contributes largely to the diseases of the people in this country.

I want to give the senate an idea of the class of men we have called. They are the leading scientists from every college of the United States that we could get hold of.

Senator Mason, from a long list of scientists who had testified as to the harmfulness of alum baking powders, and as to the healthfulness of cream of tartar powder, mentioned the following:

Appleton, John Howard, professor of chemistry, Brown university, Providence, R. I.

Arnold, J. W. S., professor, university of New York.

Atwater, W. O., professor and director, government experimental station, Washington, D. C.

Barker, George F., professor, university of Pennsylvania.

Caldwell, G. C., professor, Cornell university, Ithaca, N. Y.

Chandler, C. F., professor, Columbia university, New York.

Chittenden, Russell H., professor, Yale university, New Haven, Ct.

Cornwall, H. R., professor, university of Princeton, New Jersey.

Crampton, C. A., professor, division of chemistry, Washington, D. C.

Fairhurst, Alfred, professor, chemist, university of Kentucky, Lexington, Ky.

Frear, William, professor, state college, Pennsylvania.

Jenkins, Edward H., professor, department of agriculture, state of Connecticut.

Johnson, S. W., professor, Yale college, New Haven, Ct.

Mallet, John William, professor, university of Virginia.

New, W. M., professor, army and medical department, United States government.

Morton, Henry, president of Stevens Institute, Hoboken, N. J.

Munroe, Charles Edward, professor of chemistry, Columbian university, Washington, D. C.

Prescott, Albert B., professor, university of Michigan, Ann Arbor, Mich.

Price, A. F., medical director, United States naval hospital, Washington, D. C.

Smart, Charles, lieutenant-colonel, assistant, surgeon-general, United States army.

Sternberg, George M., surgeon-general, United States army, Washington, D. C.

Tucker, Willis G., professor of chemistry and chemist of state board of health, state of New York.

Vaughan, Victor C., professor, university of Michigan, Ann Arbor, Mich.
Van Reypen, W. K., surgeon-general, United States navy, Washington, D. C.
Willey, Prof. H. W., chief, chemist, department of agriculture, United States, Washington, D. C.
Wyman, Walter, surgeon-general United States marine hospital, Washington, D. C.

Mr Pettigrew—Was there any testimony which showed that there were cases of injury to health as a result of constant use of alum?

Mr Mason—Yes; I can turn you to the testimony.

Mr Pettigrew—I do not care to have the senator turn to it. I simply want to emphasize the point. I agree with the senator. It has always been my own impression that alum baking powder is injurious, but I wanted to bring it out and make it emphatic, if the proof sustains that position.

Mr Mason—I quite agree with the senator. It is claimed that there is not a country in Europe that does not prohibit the use of alum. Certainly three or four of the leading countries of Europe to which I have had my attention called prohibit the use of alum in baking powder.

Mr Pettigrew—Did the chemists who came before the committee, these professors, generally testify—that it was the result of their evidence—that the cream of tartar baking powder is healthy and does not leave a residuum which is injurious to health?

Mr Mason—Yes; I say emphatically, yes; that the weight of the evidence is, that whenever any of these distinguished men, who have a national reputation, the leading chemists of the colleges, were interrogated upon the point, they stated that fact, every one of them, to my recollection.

PEACH DAINTIES.

Frozen Peaches: Pare and cut in two juicy peaches, fresh and ripe, sprinkle generously with granulated sugar, freeze for an hour like ice cream, remove from the freezer just before serving, add a little more sugar, and serve in glass dishes.

Peach Custard: Equal parts ripe sliced peaches, green corn pulp and water. Sweeten to taste and bake 20 minutes in a brisk oven.

Peach Flout: Crush 1 pt of very ripe peaches with a gill of sugar, pass through a wire sieve, beat the whites of 4 eggs to a stiff froth and add a cup of powdered sugar. Beat the peaches and eggs together, and heap on a fancy dish. Freeze if desired.

Baked Peaches: Wash peaches that are ripe but not soft, place in a deep dish, sprinkle with sugar and bake until tender.

Spiced Peaches: For 7 lbs of fruit take 1 pt of vinegar, 3 lbs of sugar, 2 oz of cinnamon, ¼ oz cloves. Scald these together and pour over the fruit. Let stand a day and a night, drain off, scald again and pour over the fruit. Let remain another day and night. Cook together until the fruit is tender. Take out the fruit and cook the liquor until it is the desired thickness. Skim well. Pour over the fruit in a jar and cover. Keep in a cool place.

Peaches and Cream: Pare and slice the peaches just before sending to the table. Cover the dish to keep the air from changing the color. Do not add sugar and cream, but pass them after serving the peaches.—[R. A.]

ALL SORTS OF PICKLES.

Plums: To the vinegar, add salt and mustard seed, put on stove and let come to the boiling point; while hot, pour over the plums and let them stand over night. The next morning heat the vinegar and pour over a second time. Plums for pickles should be gathered just as they begin to turn.

Beans: Pick the beans while small and lay in a strong brine until they look yellow, then drain and pour boiling vinegar over them. Set in a cool place for 24 hours, then reboil the vinegar, adding cloves, pepper and mace to season. While hot, pour over the beans. It is better to seal the jar or close with waxed paper.

Peppers: One peck of peppers, before they turn red, vinegar, mace and grated nutmeg are the ingredients. Open a small place in the side of each pepper and remove the seeds; set them in strong brine for three days, remove from the brine and dry thoroughly. Add

mace and nutmeg to the vinegar and boil for 15 minutes. Put the peppers in a jar and pour over the hot vinegar.

Sweet Tomato: Peel and slice 1 pk green tomatoes, add 6 tablespoons ground mustard, 1 tablespoon each of ground cloves and cinnamon, 1 lb brown sugar, three celery tops and 3 qts vinegar. Let boil 30 minutes and put in jars, adding a little horse-radish root if not sealed.

Radish Pods: Put radish pods in a jar, having carefully washed and dried them; over them pour hot, spiced vinegar to which a little salt has been added. These make a very dainty pickle and may be used in place of nasturtiums or with them.

Celery: Separate the stalks, wash thoroughly and set in strong brine for four or five days. Remove, drain and put in jars. Pour hot spiced vinegar over, and after 24 hours remove and reheat vinegar, being sure that there is enough to completely cover the celery the second time it is poured over. Keep in a cool, dark place.

Beets: Peel the beets and cut in any preferred shape. To 3 qts vinegar add salt, pepper, ginger, mace and allspice; boil the beets in this for 30 minutes and put away in glass jars.

Cauliflower: Cut or break into small branches and put in a strong brine for five or six days. Remove, boil for 10 minutes in clear water, and after draining, dry thoroughly. To distilled or white wine vinegar add mace, pepper, corns and allspice, and after letting stand near the fire for 24 hours, pour, while cold, over the cauliflower. Close the jar with oiled paper if possible. At the end of a week add enough vinegar to again cover the cauliflower, as it will have absorbed much of the first.

Green Tomatoes (Sour): Peel green tomatoes and to each quart add 3 small pickles, 1 pt small onions, 2 peppers, ¼ lb salt, ½ lb mustard seed. Chop until fine. Set away in a jar for 24 hours, then cover with good vinegar and place a little horse-radish root on top. This may be kept without sealing, but a weight may be necessary to keep the pickles under the vinegar.—[L. M. Annable.]

STRING BEANS.

Stewed Beans: Break off blossom end, remove strings, cover with cold water and cook until perfectly tender. They should be nearly dry; if not, drain, add 1 cup milk, season to taste, heat, stir in 1 dessertspoon flour mixed smooth in a little cold milk, and stir constantly until thick. Just before taking up stir in a dessertspoon butter. Serve on thin squares of toast.

Beans with Cream Sauce: Cook young string beans as directed above; when done, season and pour over them a sauce made by cooking together until thick ½ pt milk, 1 dessertspoon butter and 2 teaspoons cornstarch.

Bean Croquettes: Mix thoroughly 1 cup stewed green beans (cut very small) with 1 cup finely chopped cold cooked meat, 1 beaten egg, a dessertspoon melted butter, 1 dessertspoon flour, and seasoning to taste, and drop in spoonfuls in boiling fat. Fry to a delicate brown on one side, turn carefully, and fry on the other. Serve hot. A nice way in which to use left-overs.

Beans in Potato Cakes: Form mashed potatoes into square cakes about 1½ in thick. With a spoon dig out a hollow in each, brush over top and sides with soft butter, and fill with stewed green beans, nicely seasoned. Place on a buttered tin and set in a hot oven until the potato is delicately browned. Green peas are very nice prepared in the same way.—[Mary Foster Snider.]

Green Corn Pudding—Take 6 ears of green sweet corn, and with a sharp knife score each row of kernels and scrape from the ear. Mix with this pulp 2 eggs well beaten, 2 tablespoons sugar, 1 tablespoon butter, ½ teaspoon salt, ¼ pt sweet cream (or milk may be used with a lump of butter) and 12 small crackers, rolled. Mix well together, and bake for two hours.—[A. R. A.]

Pickled Onions—Peel small, silver-skinned onions and drop them into a kettle of boiling water. When they look clear take them out with a strainer ladle and place on a dry cloth. When dry, place in a jar and cover with hot spiced vinegar. Weight down and cover closely.—[L. M. A.]