The Kousehold.

Boap-Making.

So long as it is more conemical to buy than make soap many a woman will make her own soap. A lady in the Farm Journal her own sosp. A lad tells how she does it.

Drive down your posts in a square about four feet apart; place a trough in the centre with the end where the lye is to run out the lowest. Take clapboards or waste boards of any kind shaware the same the same waste boards. lowest. Take clapboards or waste boards of any kind, sharpen them at one end, and put the sharp end in the trough, lenning the wide end against the strips of wood (that have been nailed to the taps of the posts all around) at the sides and ends, this will make the hopper. Then carry two big armfuls of atraw, spreading it up the sides a ways to keep the sales from sprinkling through between the boards.

Put in about a bushel of sales, pour in a gallon of water, and pound it down with an

gallon of water, and pound it down with an old mant that has one side split off. Then put in more ashes, mere water, and pound again, using the rest of the straw up the sides as it is needed till your hopper is full or run out the ashes (I always run out), fiatten the top evenly, pour on about ten gallons of water(two gailons at a time), and leave it to soak for a week; then pour on water as fast as it soaks through till you have your ketile two thirds full of lye, bring it to a boll, dip a feather in it three 'times ; if it eats it put in the grease; if the lye is too weak, boil it down and keep running off the lye from the hopper and pouring into it.

As to the amount of grease to be put in, that is something that no woman knoweth (nor man either). I genorally put in about five gallons of meat rinds, cracklings, and such, then I put in more clear grease (if I have it) till it "comes," beiling it all the time, and putting in more lye from the hopper. My kettle holds about fifteen gallens, Sometimes I make a kettleful in an hour, sometimes in a day, and once in a while I run out the ashes (I always run out), flatten

Sometimes I make a kettleful in an hour, sometimes in a day, and once in a while I have to bell it three days. This is the way to make "liver" seep or "jelly" soap.

There is another kind of soap made with the same kind of iye and grease that is called "ball" coap. It is as thick as the commest dough that we teed the chickens, and about as yellow as yellow commeal.

It will go three times as far in washing as the "liver" soap will; it takes strong lye and lots of grease to make it; then, I believe, there is always a quantity of lye in the bottom of the barrel, while "liver" soap is soap all the way down. Have I made it plain?

I read in an agricultural paper to-day I read in an agricultural paper to-day that few farmers' wives now use scap made of wood ashes; that they prefer the concentrated lye scap. It is not so. We all hate that blue, slippery, ill-smallir, stuff, and never use it if we can help it. I do not know a single instance where the real old-fashioned scap is not preferred to the imitation article.

Household Hints.

To clean brass, take one cunce exalic acid, aix cunces rotten stone, one-half cunce gumarabic (all in powder), one cunce sweet oil, and sufficient water to make a paste. Apply and sufficient water to make a pasto. Apply a small portion and rub dry with flannel or leather

leather.
Colored hose that stain the feet should be prt into a pail of boiling hot clear water, let them stand until cool, rub them out by hand, and put into hot salt water. When

let them stand until cool, ruo snem our by hand, and put into hot salt water. When cool rings from that thoroughly, wring dry, and hang out smoothly in the shade to dry. Black cotton goods of all kinds are benefited by the same treatment the first timethey are washed, using the usual method of wathing with soap after scalding.

Flannel underwear should reach from throat to wrists and ankles in winter. Why should the legs of children be left with less protection from the cold than the rest of the body? They should be loose and easy in every part, with allowance for shrinkage and growth. The legs should alope by both outside and inside seams from the calf of the leg down. Leave them open a few inches at the bottom of the inner seam, that they may be folded smoothly under the stocking.

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with allver. Quite the newest have large pleces of plush tied on the canvas, forming part of the pattern.

To cure chapped hands—Wash clean every avaning with nurse and and tank water, not

evening with pure soap and tepid water, not hot or cold. Do not use a towel to dry them but a lotion of glycerine two conces, pure carbolic acid eight grains or drops, and pure water six cunces; 'a teaspoonful will be enough for both hands. Rub the hands together briskly until they are dry. Per-severe and the cure will be sure.

For Those Who Will Fry Things.

Frying is one of the most common methods of cooking meats, just as it is one of the most objectionable. But, as all meats cannot be broiled, boiled, or rosated, frying in small families when fuel is scarce, and first too costly to be maintained on a large scale, becomes indispensable. Such being the case, it is well to understand the best possible method of automatical the matter of the case, it is well to understand the best possible method of automatical the matter.

case, it is well to understand the best pos-aible method of performing the operation. The process is a very simple one, consist-ing merely of having the fat in which the article is to be friedred hot, by which is meant heated to a degree far hotter than boiling water. When that is done a thin, brown crust is immediately formed on the brown crust is immediately formed on the outside of the meat, which provents the fat from penetrating it, as it certainly would do if the meat is put into it before it is properly heated. The greasy, soggy fried potatoes so usually served owe their greashess and segginess to the cold fat in which they are first placed and allowed to stand after they are done until the fat grows partially cold. The proper way to fry potatoes is to scell them thin, and then plunge them into boling lard. As soon as they are browned to a crisp they should be skimmed out and thrown into the colander to drain. So much for the art of frying. for the art of frying.

Housewife's Scrap Book

Stalls on cups and saucers may be removed by rubbing with ashes.

When sponge cake becomes dry it is nice to cut in thin slices and toast.

If the oven is too hot when baking place a small dish of cold water in it.

To remove mildew, soak in butter-milk and spread on the grass in the sun.

To prevent mustard plaster from blistering, mix it with the white of egg.

Never put salt into soup when cooking till it has been thoroughly skimmed, as salt prevents the skum from rising.

When the burners of lamps become clogged with char, put them in a strong soap suds and boil awhile to clean them.

Boiled starch can be much improved by the addition of a little sperm or a little salt, or both, or a little dissolved gum arablo.

To brighten the inside of a coffee or teapot fill with water, add a small piece of soap, and let it boil about ferty-five minutes.

If matting, counterpanes, or bedspreads have oil spots on them, wet with alcohol; rub with hard soap, then rinse with clear, cold water.

It is said that canned berries retain their flavor, and keep better, when a buttered cloth is laid over the top of the jar before screwing down the cover.

Nurses in a sick room should not sit or stand too near the patient, and above all things they should avoid talking when lean-ing over a sick person.

A liquid black lead for polishing atoves is made by adding to each pound of black lead one gill of turpentine, one gill of water, one ounce of engar.

Picture frames made with a combination of polished oak and gilt ornaments are admirably adapted to water color drawings, and are less expensive than other styles.

To keep insects out of hird cages, tie up a little sulphur in a bag and suspend it in the cage. Red ants will rever be found in closet or drawer if a small bag of sulphur be kept constantly in these places.

Old newspapers will put the finishing touch to newly cleaned silver, knives and forks and tinware better than anything else. Eably them well and make perfectly dry. They are excellent to polish stoves that have not been blackened for some length of time.

Burmah in six times as large as Scot-

Bealth Department.

Fast Living.

How to live morally in reality includes how to live physically. Yet it is to be foured that a great many in this world forgot what it is to be just to the body. The impositions upon our human natures are often self-indicted. The race of fast livers is rapidly increasing. It is not wonderful that in these days of rapidity, man himself should rush on, and in many ways lose his balance. It is altogether probable that Methuselah had very little to hurry him, and that the modes of doing business as I to as the Roman Empire, had but little of the hothaste of the present day. When we are hot haste of the present day. When we are rushed along by steam ab the rate of filty or rushed along by steam at the rate of flity or sixty miles per hour, and can have intelli-gence from around the globe in a day, it is inevitable that business methods will receive a like impetus, and that men and women will seek to crowd into a day what formerly took a week. The infigence extends into every walk and run of human life. Just as every mile of speed, added to the locomotive after it has attained a high rate, adds ten-fold to wear and tear; so in this buman race, it is the stress and strain beyond a cer-tain mark that puts the whole framework race, it is the atress and atrain beyond a certain mark that puts the whole framework into a state of tension. It is true that, by early and continued training, method may be so attained, and an automatic response so secured, that one does with asse what would exhaust another. But the measure of the capacity must be known to the person himself.

Randi acting is one of the first dayslop.

or the capacity mans be known to the person himself.

Bapid eating is one of the first developments of this haste. It must be ludicrous to a restaurant boy to see a cow chewing her oud, and quietly resting in placid enjoyment. The idea of resting and recreation and deliberation in eating, no longer occuples the thought of the average Canadian boy, much less of the business man Yet the power of life depends as much upon this as upon any one conduct of life. The relation of the chewing and the juices of the mouth to the after digestion, all along the digestive track, and to that assimilation which is to give force and vigor to work, is such that we cannot afford to forget the essential relationship. The failure of this part of the apparatus to do its part, does not involve immediate loss of power or bed-ridden alckness, but is a more frequent limitation upon forceful life than any one disabiltion upon forceful life than any one disabil-ity. A thorough digestion not only leaves the mind clear, and the nervous system the mind clear, and the nervous system placid, but so improves the physical and mental machinery with its propelling power as to make thought as natural as if it were a physical function. It is not difficult to see in the work, as well as in the writings, of some men the traces of a bad physical condition. Emerson overstated the case when he said that the sick man is on the real to reasolity, but nevertheless did indiroad to rescality, but, nevertheless, did indi-cate what is true, that a man in a chronic state of embarrassed digestion is out of gear with himself and the rest of mankind. We believe that the foundations of many an in-

believe that the foundations of many an in-capacity are laid in this want of quiet, de-liberate eating.

Methods of study, to a large degree, have similar errors. The cramming process is still too popular. It is not always that the amount of study assigned is too great. Often-er the child leaves the work to be crowded into too small a space of time, or to hours which are those of thre and sleepiness. The mind is with difficulty goaded on to its waten are those or tire and sidepiness. The mind is with difficulty goaded on to its work, and what is accomplished is at a much greater expenditure of vital force. So as to methods of business, too much is done under the pressure and excitement of hurry, and

in such as way that as few hours as cossible in such a way that as few hours as cossible may be occupied.

It regular meals and irregular sleep come in for their share of influence. Because the system seeks to some degree to adjust itself to the forced conditions, the person is too apt to conclude that it is no seriom matter. But observers, even on change, we noting the effects. There are ferminddle aged and old man that continue to do business than formerly. Young itse is at the head of most mercantile and bar king establishments. In the number that are realing too early from actual break down or premature old age is undisguised. There is need to order a halt the fast living. Most meal this fast living. Most meal the fast living when the pair not to refire too early from actual the result of dames that the result of dames the result of dames the cossay, or tor a any rest.

many there are who are only partial invalids, and yet whose life-work is restricted by imprudence as to the care of life. If, now, a man past sixty is found in the full enjoyment of business activity, the is looked upon as rather a wonder Such men as Metternich, Nesscirode, Palmorston, Gladstone, and Victor Hugo are scarce on this side of the water. While there are a very few that survive fast living, if you will gather the histories of one thousand persons over sixty-five years of age, it will be found that, both by good inheritance and esreful living, the race is prolonged. The laws of self-control and self-restraint need to be brought more thoroughly to bear on each individual life. For, next to character, health is the best capital to have in this world. He who spends the thrift of a good constitution is a spendthritt more than he who is carcless as to accumulating wealth. many there are who are only partial invalids, lating wealth.

No One Rule for All.

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No two persons are alike physically. People differ in temperament, heredity, susceptibility to disease, and in recuperative power. There is also an acquired disposition to particular diseases from occupations and habits of life; and temporary susceptibilities from anxiety, grief, watching, and overwork, mental or physical. Bad hygienic habits also make a vast difference, as do bad hygienic aurroundings.

There are, moreover, undefinable changes in the physical system from childhood to old ago, that render the liabilities of the later period quite different from those of a previous one. Removal to a different climate also greatly changes the susceptibility. So much is this latter fact true that vaccination, good at home, may be power-

vaccination, good at home, may be power-less abroad.

less abroad.

Hence a medicine good for one person is not necessarily good for another. Here appears the value of a family physician, one who knows the family history of his patient and the latter's physical individuality.

We see, also, that the same hygienic methods are not equally adapted to all. One can sleep with his window open not only without harm, but with positive benefit. The depressed condition that characterizes sleep, the more noxicus uight air. terizes sleep, the more noxicus night air, and the liability to marked changes in the outside temperature, would render the habit radious to many others.

So one must not blindly take a daily cold

So one must not blindly take a daily cold bath because others have tried it, and strongly recommended it. It might be death to one, though life to another. One needs to have regard to the condition of the heart, and the readiness to react from a chill to a glow. To some a semi weekly warm bath is much better.

It is somewhat the same in the matter of exercise, which may help or may harm. One, if at all delicate, should exrefully find out what is best, both in kind and degree.

It is conally so in the matter of food. While the vigorous, who largely live out doors, may eat almost anything within the limits of their appetites, others must learn the limits of their own digestive powers, and act accordingly. It is certain that these limits vary greatly.

Bacteria.

The preportion of bacteria in a cubical meter of atmospheric air is, according to M. de Parville. 0.6 in sea air, one in the air of high mountains, sixty in the principal cabin of a ship at sea, two hundred top of the Parkinger, through the parties of the Rue de Rivoll six thousand in the Rue de Rivoll six thousand in the Rue at the Hotel Dimine thousand in the Paris houses, forty thousand to the Hotel Dimine thousand in the Plite. 'In Ryder cubic mile in Rayler at the Rue and Red and Red are the Rue at the Rue Bacteria. cubic m. Karkusanda Andreas Para an Ored and delinated and not ap