

## Health and Home.

**Stewed Cabbage.**—Shred a small head of cabbage, and stew it until tender in just enough water to keep it from burning, having it closely covered to keep it in the steam. When it is done add salt, pepper, butter and a cupful of cream; let it come to a boil and serve hot.

**Chicken Salad.**—Chop moderately fine one chicken cooked tender, the whites of twelve hard-boiled eggs, and three medium-sized pickled cucumbers; mash the yolks fine, add two tablespoonfuls of melted butter, one teaspoonful of mustard, salt and pepper, and one-half cupful of cider vinegar. This may be mixed the day before using.

**Pumpkin Pie.**—To secure the necessary dryness, the pumpkin for pies should be peeled and steamed until tender. For a single pie take a cupful and a half of steamed pumpkin sifted through a sieve, one cup of boiling milk, half a cupful of sugar, one egg beaten to a foam, half a teaspoonful of salt, and a fourth of a teaspoonful of cinnamon. Line deep plates with thin pastry, fill with the custard, and bake half an hour, or until the pie swells in the center and is brown.

**Frothed Chocolate.**—Scald one pint of milk in the double boiler; dissolve one level teaspoonful of cornstarch in a little cold milk, add it to the scalded milk and cook for ten minutes, stirring occasionally. Scrape or grate four squares of bitter chocolate, add two tablespoonfuls of sugar and two tablespoonfuls of water and set at the side of the fire where it will slowly melt. When quite dissolved and glossy add gradually one pint of boiling water, stir over the fire for two minutes and add to the milk. Cook in the double boiler for five minutes, then while still over the fire, beat vigorously with an egg beater for five minutes. Send at once to the table and serve with a tablespoonful of whipped cream in each cup.

### Cleanomania.

Don't be to clean! Be temperate in all things. Mind that your zeal for keeping things tidy—exemplary enough in moderation—doesn't develop into fanaticism.

The over-ordely woman makes life a martyrdom to her household. She wonders, for instance, how a girl so nice as you can be so heedless about the shades. If there's any one thing she does stickle for, it is shades on a level! And she'll proceed conscientiously to exclude your pet path of sunshine, or the expanse of view you love better than all the level shades in the world, by drawing the blind down on a mathematical line with all its fellows.

For her there is nothing too sacred to be interrupted by a sudden onslaught upon an accidental fly. Excuse her, please, for breaking in; but flies are one thing impossible to tolerate. Pardon her, as she darts towards an invisible smudge or film of dust somewhere; some people never seem to see such things, but for herself, well—then a complacent sigh.

In bad weather the boys may not bring their visitors indoors. Aren't there the playgrounds and the barn? And isn't it her duty to teach them neatness?

"Oh, Bobby, how I wish I had a nice dirty mother like yours," one little, restricted chap was overheard to exclaim wistfully, to a more fortunate companion.

Bobby, proudly accepting the impeachment, returned with superiority, "I guess you do, Jack. I wouldn't swap mothers for a farm. My mother's too busy being comfortable and good and jolly to think so much about 'clean' like yours. My! won't you be glad when you are big an' can be all the dirty you want!" Which carries a moral to "over-particular" mamma.

Cleanliness is a good thing, an estimable thing, but it isn't the whole of life. Remember that "The more than meat, and the body than raiment," and that the hygiene of minds and souls is quite as important as the hygiene of material things.—An Observer.

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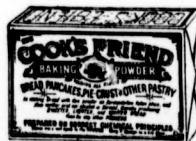
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