

Take Time to Rest.

The very people who most need to rest are the ones who say, "I have no time," and yet it is quite possible for them to get the rest they so sorely need if they will only learn how, says the Household-Ledger.

The body is just like any other machine; use it rightly, oil it carefully; feed its fires, and turn off the power sometimes to let the machine cool, or there will be an explosion—nervous prostration, paralysis, and often insanity. A temporary rest may restore the bodily machine for a long time, but if we do not know how to keep it in order, the trouble will return in worse form.

The mind is the true master of this human machine, and the will is its lieutenant. When you lie down to rest, be it at night or for a few minutes in the day, relax every muscle and nerve; "let go"; fix your mind on this; feel yourself getting limp from the brain to the tips of your fingers and toes; use no effort, but again and again turn the wandering thoughts back to this purpose; say to yourself over and over, slowly, "I am relaxing," "I am resting," and at the same time take deep, slow breaths right from the abdomen, with closed mouth, inhaling and exhaling through the nose. Keep this up, and the persistent little limps of worry will presently take flight, and natural sleep will come to the tired brain, and rest and renewal to the relaxed body.

Deep, slow, regular breathing is the first step to the natural restoration of the functions, bodily and mental, and if practiced not only at nights, but at every possible opportunity, during work, while walking, while riding in the cars, the benefit to body and mind will be marvellous, and it can be done without a moment's loss of time.

The tired mother takes her babe to sleep in her arms, and finds the effect as soothing to herself as it is to the child, but does she know why? It is the even movement, and consequent slow, even breathing that quiets the nerves. Look how utterly relaxed the little one lies; note its deep, slow, even respiration, and learn from this one of nature's best lessons.

Every mother should insist on giving herself a period of rest during the day, if only for a few minutes; and then, even if she does not fall asleep, she will return to her duties with renewed strength, provided she "rests" in the right way.

And even if this is not possible, we can, by the power of the will, rightly directed, relax the tension of nerves and muscles while at work, and turn the current of the life's forces that surge all around us into the right channels, giving us renewed energy and strength for the strife.

The Cold Shoulder.

Most admirably has the painter of this picture, Alfred Strutt, depicted the scene in the village street through which the huntsman was hoping, uneventfully, to pilot his eager hounds to the meet outside its boundaries. He had not reckoned upon the tempting joint which a careless butcher boy was lifting from the hook, where it had safely dangled between the double chain of sausages, when the yelp of the hounds distracted his attention, and made his fingers loosen their hold, to the utter demoralization of the younger hounds. The well-trained dogs in the rear are still in control, whilst the two sorely-tempted ones, just behind the more immediate culprits, are, as it were, making a final appeal for liberty. The laughing faces in the window, the agonized expression on that of the boy, who knows what the reckoning for that "cold shoulder" is sure to be, the wild scamper of the stray dog, which means to get the prize for himself, if sudden attack can accomplish it, need no interpreter, and perhaps it is well for us that the actual words of the angry huntsman, who has in a sense been "cold shouldered" too by his own pack of hounds, should be left to the imagination of the reader.

H. A. B.

"Is this the cracked wheat, Jane?"
"I dun know, mum. I ain't looked at it or teched it; an' if it's cracked, it wuz cracked afore I come here."—New York Observer.



Dear Friends,—“Earnest Reader” writes: Dear Dame Durden,—Would you kindly give a plan for a luncheon at a country wedding in June. The luncheon would be at 1 or 2 p. m. As there will be chiefly the sisters (two of them) to prepare, we would like things prepared before, as well as possible. Forty guests are expected. Which would be the more suitable, to have tables set on the lawn or in the dining-room?

If you would like a recipe for canning peas or corn, I might send one some time before needed. In haste.

“EARNEST READER.”

So, my dear girl, you are going to have a June wedding. You will be glad that it comes in June; there are so many flowers then which can be got for decorations, and, besides, in that month the weather is less likely to be fickle and send rainy tears on you than any other time of the year. You may “thank your stars,” too, that the fashion of things has changed very rapidly within the last five years; that we are at last learning to live more simply in many ways, and that even such events as weddings may now be “accomplished” with one-fifth of the elaborate preparation, aching bones and weariness of the flesh which used to render such affairs a dread for months before. In fact, it is considered decidedly bad form nowadays to have too much in the way of baking; the table laden with pies, cakes, cookies and tarts of a dozen kinds is hopelessly out-of-date, and rather amusing. So, my dear, if you want to have a thoroughly delightful wedding, don’t aim at having very many kinds of “things.” Have what you decide upon “just right,” and everything as pretty and dainty as possible.

I should think it would be very nice to have the tables set out of doors, provided the day is fine, and there is plenty of shade; otherwise it will prove more satisfactory to have the luncheon served in the dining-room. If the wedding occurs

early in June, and the late apple trees are still in bloom, an apple-blossom wedding would be delightful; if later, your decorations might consist of roses and ferns, or marguerites (ox-eye daisies) and ferns. The marguerites are lovely, and in the latter part of June may be gathered by the armful in many places. Bouquets of them may be arranged upon the tables, and “ropes” made of them, garlanded from bouquet to bouquet, and looped in festoons about the room. This, of course, will take time, but you have, no doubt, many young friends who would gladly spend the preceding afternoon in making your festoons for you. One thing especially recommends the marguerites—they “keep” beautifully. If kept moist over night they will be as fresh next day as though newly gathered. Apple-blossom or rose decorations, however, are much more easily managed. Do not have the bouquets too large, and be sure to put a rosebud or cluster of blossoms on each napkin.

Now as to the menu; You are very wise in deciding to have everything ready the day before. I should say cold-sliced fowl, chicken salad (or any other kind of salad that you choose), tomato jelly, fruit jelly and pickles would be quite sufficient for the first course. Of course you will have thinly-sliced bread, both brown and white. Then, for the second course, you may have one or two kinds of cake, as you choose, besides the bride’s cake; nice ice cream, if possible, and fruit, strawberries and whipped cream are delicious; so are many of the fruit salads which are so easily made. A few tiny plates of bonbons and salted almonds may be scattered along the table. For drink, you will want tea for the older folk, and, if the day be warm, iced lemonade. Many people now serve iced tea instead of hot tea at such functions.

The following recipes have been proved to be very good. You might try some of them beforehand, and if they proved successful, might utilize

some of them for the grand event:

Ribbon Cake.—Cream 1 cup of butter with 2 cups of sugar. Add to this 3 eggs which have been well beaten. Now add 1 cup of sweet milk, and beat all well. Sift together 3 cups of flour and 1½ heaping teaspoonfuls of baking powder. Sift this into the mixture, beating all well. Divide your batter into four parts; leave two white, color one pink with a few drops of cake coloring, and the other brown with a little melted chocolate. Bake in tins of the same size and shape. Pile the layers on top of one another: first white, then brown, then white, and the pink one for the top, placing boiled custard between the layers. Ice, or cover with stiff whipped cream.

The same mixture will do for nut cake, by leaving out all the coloring, and simply adding chopped nuts. In this case the cake is not baked in layers, but in one large tin. It is then iced, the icing is decorated with walnut meats, and the cake cut in squares, with a walnut meat on each.

The boiled custard for the first cake may be made with a cup of milk, an egg, a very little sugar, and a heaping teaspoon of cornstarch. When cold, add vanilla or other flavoring.

Rustic Icing.—Boil together 1 cup of sugar and 2 tablespoonfuls of water. Add 1 cup of chopped raisins and 1 of chopped walnuts; lastly, beat in quickly the whites of 2 eggs beaten stiff.

Lemon Icing.—Put the white of 1 egg beaten stiff and 1 teaspoonful of lemon juice in a bowl. Add a small cup of powdered sugar and beat five minutes.

Banana Salad.—Peel and slice 6 bananas. To this add shredded pineapple (the canned pineapple shredded will do). Put in layers. Mix the juice of 8 oranges and 2 lemons. Sweeten well, and pour over the fruit.

Tomato Salad.—Season a pint can of tomatoes; add to it a sprig of chopped parsley, and a very little chopped onion. Put on the stove, and let come to a boil. In the meantime have 2 tablespoonfuls of shredded gelatine soaked in cold water for half an hour. Rub until smooth. When the tomatoes have come to a boil, strain them, and while still hot add the gelatine, stirring well. Add 2 tablespoonfuls of lemon juice, and let stand in a cool place at least eight hours; over



The Cold Shoulder.