

THE HOUSEHOLD.

OVER-WORK AMONG WOMEN.

In about nine cases out of every ten, the woman who is in poor health attributes her sufferings to over-work. Many times this is a valid excuse, but frequently it is not the real cause of the ill-health. Lookers-on cannot always understand the situation, and the comparisons made between one woman's work and another's are often incorrectly drawn. Molly sometimes suffers from over-work, but she avers that no part of the work to be done for her household is really beyond her strength. She says that as regular house maid she could do all of the so-called housework and the plain sewing which she now does, and maintain her health. But to do these things well would leave no time for the "nothings," and every mother whose heart is in that work knows that it takes a good deal of time. I believe, and here is one more chance to bear witness to this truth, that the mother-work should have the first chance. A woman whose ideals are low can sometimes carry on all of these departments successfully (in her own opinion), and in that case her health is not likely to suffer from too much work. It is the worry, the sense of incompleteness or of falling short in what is required of one, more than all the fatigue of her work, that wears Molly out.

It is well to know how to do everything in the best way possible, but when a woman finds that she cannot do everything that it seems to be her duty to do in the best manner possible, she had better stop and consider what are the most essential things to be done, and study the easiest way of getting along without positive neglect. Wholesome food the family must have, but most of the fancy cooking is done in vain as respects health and strength. This same fancy cooking (which includes cake and pie—these being quite unnecessary articles of diet, doing more harm than good in most cases) is one of the chief causes of ill-health among women. Nearly all of these invalids are more or less dyspeptic. I have watched this a good deal among my neighbors in different places. Few of them give the right name to their disease, and I think the doctors are sometimes careful not to tell them the whole truth, but those who make any permanent improvement under medical treatment usually make some change in their habits of diet. One woman told me, during an hour's visit, these two facts, which did not seem to have any connection in her own mind: 1. "I used to be a great sufferer from sick headache, but I seldom have it in late years." 2. "No, I rarely eat a crumb of cake now, no matter how much I make; I haven't cared for it for a few years back, though I once was very fond of nice cake." Another, in praising her doctor's success in the treatment of her nerves, after detailing the medicines and the rest and rides prescribed, remarked incidentally that the doctor told her to eat rather lightly of plain, nourishing food, and to give up her tea and coffee if she could. Many years ago I heard a physician of fine education and large experience ridiculing the idea that prevailed among women that their sickness came generally from overwork. "They over-work their jaws," said he, "munching confectionery, and eating all sorts of unwholesome food, and they often eat too much anyhow for persons who exercise so little." At the time I thought this criticism too severe, but I have often since seen cases to which it applied.

Another way in which women are over-worked by their own fault—a sin of ignorance frequently—is in the use of foolish clothing. We are all more or less in bondage here, for woman's dress is radically wrong. It is a weight and a hinderance everywhere. Clothing devised to suit the needs of the human body would be much more easily made and taken care of, and it would give a woman freer movement, greater ease and comfort about her work and play, and would be an aid to good health rather than, as now, a drag upon her strength. But a genuine reform cannot be made by any one woman, for it awaits the development of public opinion. But cannot we all lend a hand here, and say on all proper occasions, that woman's dress is absurd, and inconvenient, and unhealthful, and that we wish for something better? Most of us can put less work and care upon our trimmings and none of us need wear a trained skirt, or one that touches the floor. We may all wear

loose and warm clothing, and bear the weight upon our shoulders rather than over the hips. Various female weaknesses are supposed to be caused by active labor, by much standing upon the feet, by much climbing of stairs in the pursuit of one's daily industry. They may be aggravated by these causes after they have been once induced, but I have serious doubts whether these weaknesses are often really attributable to the causes above named. Corsets and heavy skirts are the real offenders. It is usually the case that the same work might have been done—the standing and the climbing—had the muscles of the body, both external and internal, been left free and unweighted by the clothing. How many feathers' weight are added to her burden of toil and worry by a woman's long skirts as she goes about her work in-doors and out, upstairs and down, around the kitchen fire, or cleaning the floors in an unsuitable dress?

It is not the hardness of the work, or the difficulty of the tasks taken in detail, that tires out the women as a general thing, if we except the family washings, which usually require a good deal of strength. But these tasks crowd upon each other, and become complicated and wearisome when the care of children interferes with them. These are genuine cases of over-work, where the labor is too hard and too steady for the strength of the worker; but care and worry are harder to bear than physical toil, and social burdens do their part to over-tax the vital powers.—*American Agriculturist.*

USELESS EXPENDITURE.

While every girl and woman should justly take a pride in her own adornment and that of the home, she should use her own judgment and not buy just because a thing is cheap.

Get what you need, and before buying think whether you really need the article. It is probably a pretty trifle in dress, in furniture; but what solid benefit will it be to you? Or it is some luxury for the table, that you can as well do without. Think, therefore, before you spend your money. Or you need a new carpet, new sofa, new chairs, new bedstead, or new dress; you are tempted to buy something a little handsomer than you had intended, and while you hesitate the dealer says to you:

"It's only a trifle more, and see how far prettier it is!"

But before you purchase stop to think. Will you be the better a year hence, much less in old age, for having squandered your money? Is it not wiser to "lay by something for a rainy day?" All these luxuries gratify you only for the moment; you soon tire of them, and their only permanent effect is to consume your means. It is by such little extravagances, not much separately, but ruinous in the aggregate, that the great majority of families are kept comparatively poor.

The first lesson to learn is to deny yourself useless expenses; and the first step toward learning this lesson is to think before you spend.—*Christian at Work.*

ABOUT GETTING UP IN THE MORNING.

There are two things that all the boys and girls are fully agreed upon. One is, that bed-time always comes too soon, and the other, that Bridget rings the rising-bell shamefully early. Getting up in the morning is a great trial to many of us. We feel so rested and comfortable, and yet so uncommonly sleepy. It seems as though our eyes would never come really wide open, and as for dressing, it is a labor that is appalling. Oh, for a good fairy to touch us with her wand, and set us, bright and resolute, right out into the middle of the morning!

The way to get up in the morning is just to do it promptly. The moment you are called, decide at once to rise. Do not wait until mother's gentle voice is tired, and sister Lucy has determined that she will not call you again, and father comes to the foot of the stairs, and calls very seriously, "William!" "Ebenezer!" "Rebecca!" and you feel that you must rise in a hurry. Do not put off getting up until you can hardly take time to match buttons and hooks, and you cannot find which strings belong to each other, and suspenders snap, and buttons fly off boots, and things are generally crooked.

When first you rise, let your thoughts go

to God in thankfulness that you are alive and well, and ready to begin another day. Then wash from head to foot, with a sponge and cold water, and dry yourself with a rough crash towel, or take a rub with a stiff flesh-brush. You will feel quite warm and glowing after this exercise, which is the better for being rapidly performed. Dress so neatly and entirely, to the last touch of shoe polish and the last flourish of the hair-brush, that you need think no more about your dress all day. Be sure to attend to your teeth. They are good servants, and have so much work to do that they deserve to be carefully looked after, not with irritating powders, but with a clean brush, pure water, and occasionally a dash of white Castile soap.—*Harper's Young People.*

NO RIGHT TO INDORSE.

1. A man has no right to indorse, when the failure of the party to meet his obligation will render the creditors of the indorser liable to loss in consequence of such indorsement.

2. He has no right to indorse for another man unless he make provision for meeting such obligation, independent of and after providing for all other obligations.

3. He has no right to indorse unless he fully intends to pay what he promises to, promptly, in case the first party fails to do so. Few indorsers prepare for this.

4. His relations to his family demand that he shall not obligate himself to oblige another, simply, at the risk of defrauding or depriving them of what belongs to them.

5. He should never indorse or become responsible for any amount, without security furnished by the first party. It should be made a business transaction—rarely a matter of friendship. It is equivalent to a loan of capital to the amount of the obligation, and the same precautions should be taken to secure it.

6. A man has no more right to expect another to indorse his note without recompense, than to expect an insurance company to insure his home or his life gratuitously.

7. It is not good business policy for one to ask another to indorse his note, promising to accommodate him in the same manner. The exchange of signatures may have, and usually does have, a very unequal value. It is better to secure him the amount, and exact a like security for the amount of responsibility incurred.

8. It is better to do a business that will involve no necessity for asking or granting such favors, or making such exchanges. It is always safe and just so to do.—*Prairie Farmer.*

PARKER HOUSE ROLLS.—Two quarts of flour, one pint of milk, measured after boiling, butter the size of an egg, one tablespoonful of sugar, one teaspoonful of home-made yeast, and a little salt. Make a hole in the flour. Put in the other ingredients in the following order: Sugar, butter, milk and yeast. Do not stir them at all. Arrange this at ten o'clock at night. Set it in a cool place until ten o'clock the next morning, when mix all together and knead it fifteen minutes by the clock. Put it in a cool place again until four o'clock p.m., when cut out the rolls, and set each one apart from its neighbor in the pan. Set it for half an hour in a warm place. Bake fifteen minutes.

GRAHAM PUDDING.—Mix well together one-half a coffee-cup of molasses, one-quarter of a cup of butter, one egg, one-half a cup of milk, one-half a teaspoonful of pure soda, one and a half cup of good Graham flour, one small teaspoon of raisins, spices to taste. Steam four hours and serve with any sauce that may be preferred. This makes a showy as well as light and wholesome dessert, and has the merit of simplicity and cheapness.

BEEF HASH.—Chop cold cooked meat rather fine; use half as much meat as boiled potatoes, chopped when cold. Put a little boiling water and butter into an iron sauce-pan; when it boils again put in the meat and potatoes, salted and peppered. Let it cook well, stirring it occasionally. Serve on buttered slices of toast, daintily arranged on a platter.

CREAM GRAVY FOR BAKED FISH.—Have ready in a sauce-pan one cup of cream, diluted with a few spoonfuls of hot water; stir in carefully two tablespoonfuls of melted butter and a little chopped parsley; heat this in a vessel filled with hot water. Pour in the gravy from the dripping pan of fish. Boil thick.

PUZZLES.

STAR PUZZLE.

1

5

2

4

3

From 1 to 3, walked; from 2 to 4, rended; from 3 to 5, portrayed; from 4 to 1, tidy; from 5 to 2, something often seen on a boy's hand.

PROGRESSIVE WORD-SQUARE.

1. An extinct bird.
2. A perfume.
3. A girl's name.
4. By word of mouth.

NUMERICAL ENIGMA.

I am composed of 27 letters.
My 21, 3, 15, 23 is separated or parted from.
My 25, 14, 5, 8, 19, 9, 17 is an unaffected person.
My 1, 20, 18, 6, 24 is a liquid substance.
My 12, 26, 2, 7, 1 is an expression of contempt.
My 10, 13, 22, 27 is a cheap kind of food.
My 11, 16, 25, 4, 18 is a substance used in making bread.
My whole is a familiar quotation from Shakespeare.

LETTER PUZZLE.

Words with first two letters the same, each of which, when cut off, leaves a word.
1, morbid baldness; 2, not plentiful; 3, to escape; 4, to affright; 5, to chide; 6, amplitude of view; 7, an account; 8, a discontented look; 9, anything thin or lean; 10, to cry out; 11, a wooden rule.

SCRIPTURE ACROSTIC.

A wise man.
One struck dead for disobeying God's commands.
A Roman Governor.
A musical instrument mentioned in Daniel.
A great reformer in Old Testament times.
A bird spoken of in Leviticus.
A grandnother.
Saved from death by God.
A pious New Testament child.
A book of the New Testament.
A wild beast spoken of in Hosea.
One who restored a dead child to life.
Christ's own city.
A sacred mountain.
A prophet who spoke very plainly about the person of Christ.
A liquid measure in Leviticus.
A shepherd.
An officer of the king of Persia.
Grandson of Adam.
A leper.
Birthplace of Paul.
An animal used for sacrifice.
A spice growing in Ceylon.
A son of Joktan.
Official title of a butler in the court of Nebuchadnezzar.
One of the greater prophetic books.
A river in Persia.
A Christian at Laodicea.
A metal brought by the Tyrians from Tarshish.
The eleventh stone in the High Priest's breastplate.
One who chose the good part.
One of Paul's first converts in Achaia.
The primals form an injunction of Christ.

ANSWERS TO PUZZLES.

ENIGMA—Rainbow.

DIAMOND—

P
L A O
L I L L E
P A L M Y R A
C L Y D E
E R E
A

HIDDEN AUTHORS—1. Keats. 2. Stowe. 3. Trollope. 4. Verne.

SUBTRACTION PUZZLE—

Chorally—cool.
Gladiate—gait.
Blackberry—baker.
Reindeer—ride.
Fairness—dus.

ENIGMA—Geranium.

WELL-KNOWN NOVELS—1. Ivanhoe. 2. Pendennis. 3. Bleak House. 4. Middlemarch. 5. Lothair. 6. Sevenoaks.

Answers to some of the puzzles have been received from Sara Bell McKinnon. J. H. M. sends a geographical puzzle of her own composing but neglected to send the answer. Will she kindly do so, giving her full name, and will other puzzle workers follow her example and contribute to this column.