

The Household.

How to Furnish Rooms.

Rooms belonging to rich and cultivated amateurs, are generally either over furnished or under-furnished. The *objects de vertu*, which have been collected at such pains and cost, because they are the fashion, have little reason to be where they are found, however beautiful they may be. They crowd the house till it looks like a curiosity shop; or else they are frugally scattered with a palpable aim to seem select, and their fewness and goodness carry a sort of self consciousness and affection with them.

Now, when we enter a room, the first feeling ought to be, "how comfortable!" Then we glance quickly around to discover *why* and it should be "how beautiful!" not a touch too much or too little. The art is to conceal art, and when the impression is that of hyper-refinement, just as when it is that of depletion, or of conspicuous wealth, we may be sure the room is not perfect. Directly affection enters, beauty decamps. A room should be treated, as much as possible, as a picture. In a picture, monotonous angels, as in panelled walls, would be judiciously broken by the shrewd introduction of some bracket, shelf or plate. Yet, most people still enunciate the angularity of panels, by stretching square pictures in the middle of each. If the panel is of good oak, let us now and then see its fine fabric, unspotted by hanging things. But because one panel is left bare, do not leave all the panels without ornament. Suspend a handsome drooping object of some sort so as to break the lines a little without causing a disagreeable shock to the eye, or place some tall palm plant, so as to serve the same purpose. But plants, young trees and bushes are not often and enough used and appreciated, even by those who love flowers.

Beauty in dress, beauty in decoration, like beauty in architecture, largely rest upon character—the human soul within, about, behind it. Individuality supplies the interest, as in a picture. Harmony, like a charitable mood, is the other secret, an open secret, yet somehow as hard to find as genuine charity. To find a beautiful room, or a beautiful costume, is to find a human soul, for the heart and brain shine through tint and fold. Hence, how needful that a pure mind and a genial soul should be clothed about with what is individual and genuinely their own, rather than with some concoction foreign to them, which may speak for itself an alien language.—Temple Bar.

Celery for Rheumatism.

Among the thousand and one "sure cures" for rheumatism, the use of celery has had its run of popularity; and it has at least this to commend it, that, if it does no good, it is not "bad to take," celery being a most palatable and wholesome article of diet. A recent German writer thus lays stress upon cooking as a condition of its therapeutical effect:—

I have had a severe attack of inflammatory rheumatism, and was healed in two days' time by a soup made of the stalks and roots of celery; therefore I desire to make this simple remedy known through the columns of your paper, for the benefit of all suffering from gout

or rheumatism of any form. . . . The fact that it is always put on the table raw prevents its therapeutic powers from being known. The celery should be cut into bits, boiled in water until soft, and the water drunk by the patient. Serve warm with pieces of toasted bread, and the painful ailment will soon yield. Such is the declaration of a physician who has again and again tried the experiment, and with uniform success. At least two-thirds of the cases named "heart-disease" are ascribed to rheumatism, and its agonizing ally, gout. Small-pox, so much dreaded, is not half so destructive as rheumatism, which, it is maintained by many physicians, can be prevented by obeying nature's laws in diet. Here, in Germany, we boil the roots and stalks, as the root is the principal part of it, and afterwards eat it as a salad with oil and vinegar. I received such immediate benefit that I am anxious to let all the rheumatic sufferers know of it.

Apple Jelly.

The manufacture of apple jelly is simple enough; proceed as follows:—Take any quantity of good cooking apples, wash them and pick out all decayed parts, then slice them in a copper, tin lined or porcelain lined boiler, and one-third larger than required to hold the apples; next cover them with water half an inch higher than the apples; now place them over a good fire. The boiler is best raised a little, or a false bottom on it filled with water to prevent burning. Bring the whole to a boil, constantly stirring. When it begins to thicken and adhere to the spatula, jelly like, pass the juice through a flannel jelly bag, said bag being suspended above another kettle to catch it; let it drain of its own accord without squeezing or pressing. When all the juice has passed through return it to your kettle, measuring it, and to every pint of juice allow from eight to twelve ounces of powdered sugar, according to the sweetness of the apple—the more sugar you use the quicker it will jelly. Boil this until by taking a little and placing it on a plate in a cool place it will form a jelly, then remove it from the fire and pour it into your jars, &c. When cold place paper right on the jelly, passing the paper through whites of egg or gelatine, thus rendering it impervious to air; next cover the top with skin or good oiled wax paper, seeing it fits well, so as to exclude all air.—[Confectioner.

A French chemist asserts that it is the mechanical state which makes new bread less digestible than old; the former is so soft, elastic and glutinous in all its parts that ordinary mastication fails to reduce it to a sufficient digestible condition. In the course of some experiments in this direction a circular loaf, twelve inches in diameter and six inches thick, was taken from an oven heated to 240° Reaumur, and a thermometer forced into it three inches. The thermometer indicated 207.5 Fahr. The loaf was then taken to a room, the temperature of which was 66° Fahr., and found to weigh 7½ lbs; in twenty-four hours the temperature of the loaf fell to 66°, and in thirty-six to 63.5°. In the first forty-eight hours it lost only two ounces in weight. After six days the loaf was again put in the oven, and, when the thermometer had indicated that its

temperature had risen to 156° Fahr., it was cut open and found to be fresh, and to possess the same qualities as if it had been taken out of the oven the first time, but it had lost twelve ounces in weight. Experiments were made with slices of bread with similar results.

How to Sleep.

Health and comfort depend very much on attention to matters that to some seem very trivial. We have sometimes heard persons complain that they did not sleep well; that they were troubled with horrible dreams, and awoke in the morning weary and nervous. Inquiries as to diet, exercise and other essentials of health, have often failed to reveal anything that could account for these unfavorable conditions.

It is not well in these cases to limit our investigations to the routine of a day; but we should inquire at what hour the patient goes to bed, what he thinks about usually, and most particularly what position he places himself in to invite sleep? If he lies on his back with his hand over his head, there will be a half-conscious compression of the chest, with difficult breathing to relieve which he opens his mouth. The air coming in direct contact with the throat, causes dryness, and then snoring will begin. In the meantime the pressure of the viscera on the large artery whose course is along the inner portion of the backbone, impedes the circulation of the blood, producing discomfort which manifests itself in horrid dreams. Thus the whole night is passed in a disturbed sleep, and perhaps many nights pass without one of refreshing sleep. The most unwise course under such circumstances would be to resort to the use of opium or any other drug. The ranks of the victims of this unfortunate habit are recruited mainly from such cases as we have described. It is wonderful what control an individual can get over himself if he tries. There is no reason why a person cannot lie upon his side instead of his back, and keep his hands and arms down; then he will not open his mouth; then his throat will not become dry, neither will he snore or have bad dreams. But often he can't help thinking about his business, and his thoughts will run on for hours. This is also a habit that may be broken up. Have the will to put aside your thoughts, and in time you will have the power to do so.

We do not say that there are not other causes that habitually interfere with sound sleep, but we believe there is a remedy for each difficulty which may be found by seeking for it.—[Hall's Journal of Health.

A Missed Opportunity.

When the Duchess of Edinburgh was in Paris the other day, shopping on her own account, one evening quite late she arrived at the establishment of a celebrated *couturiere*. Everybody was gone, and the *bonne* sent the Duchess away, saying her mistress had retired for the night. Next morning the *bonne* reported that a "Mme. d'Edinborg" had called late, and that she had refused to admit her. "Do you know who it is you have treated thus?" asked her mistress. "That was the daughter of the Czar of Russian, and she is the wife of a son of the Queen of England." "Tiens!" replied the *bonne*, greatly exercised at her lost opportunity; "and I let her go without having a good look at her!"