

HOUSEHOLD.

Needless Nerve Wear.

(By Lily Rice Foxcroft.)

A mother will take up a piece of mending in a hurry, seat herself in the nearest chair and fall to sewing, since the needle-book is nearly empty, with a needle far too coarse for the cloth. The room may be too hot or too cold, but there is not time to open a window or turn on the heat. A door upstairs is squeaking, squeaking, but getting up to shut it seems too much of an interruption. One bit of work lures along to another, the forenoon is half gone, and for two hours the nerves of limbs, back, fingers, and ears, have been subjected to a steady rasping.

Or there is a letter to be written for the morning mail, and it does not seem worth while to stop to clear away the clutter left on the table from last evening. So for a half-hour the elbows are cramped for room, and the orderly spirit fretted by the confusion. Or it is late afternoon, and the eyes are taxed, and the whole mind strained with the consciousness of haste, that the task may be finished by daylight without the trouble of lighting a lamp.

The mistress of the house comes home from a forenoon's shopping, finds an accumulation of small domestic duties awaiting her, essays them in her street gown to save changing it, and goes through them all with an uneasy sense that she may injure it. Or she lies down for a few moments' rest, all the time holding her feet off the edge of the bed to spar the clean counterpane—totally without that feeling of relaxation so essential to real repose.

There are comfortable and uncomfortable methods, as well as conditions of work. To 'set a stint,' for one's self, in the old-fashioned phrase, is to put a needless strain on one's nerves. Being hurried and hustled by circumstances is bad enough, but to hurry and hustle one's self is a wanton waste of strength that should be kept for real emergencies. Doing a particular kind of work out of its appropriate time is very wearing, and should be avoided as far as possible. Everybody knows how different the preserving-kettle looks in the afternoon. Putting off beyond the usual time the change from morning to afternoon dress keeps a woman who is liable to afternoon calls in a state of uneasiness which almost always counterbalances the gain of the extra work accomplished. Indeed, the sense of anything waiting to be done is trying, and should be reduced to the minimum by doing things, as far as practicable, before they become really pressing. For example, if a day is to be given to sewing, and there is one special piece of work—no matter how small or uninteresting—which must be finished before night that is the piece to be disposed of first, that all the others may be done with an easy mind.

One need not multiply illustrations. The principle is surely plain—the principle that the comfort of the worker promotes the progress of the work. The time taken to secure it is not wasted, but spent to the very best advantage.—'Congregationalist.'

Some Potato Possibilities.

A contributor to the Household suggests the three following dishes that are at once simple and satisfactory:

German Potatoes.—Peel and boil six large potatoes; when done, drain and put through a potato masher. Add salt and pepper to taste, two tablespoonfuls of butter, the yolks of four eggs, two tablespoonfuls of cream, and four table-spoonfuls of grated mild cheese. Make into balls the size of an egg. Lay on a greased pan, brush over with beaten egg, make two slanting cuts on the top of each, and bake in a hot oven until well browned.

Cream Potatoes.—Put a good-sized piece of butter into a saucepan, a teaspoonful of flour, salt, pepper, a little grated nutmeg, and some chopped parsley; stir well and pour in a cupful of cream. Place the sauce-pan on the hot fire, and beat up until it comes to a boil; cut some boiled potatoes into even slices, add them to the sauce, and serve very hot.

Stewed Potatoes.—Three and a half cupfuls of chopped potatoes, two table-spoon-

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fuls of flour; three tablespoonfuls of butter, two cupfuls of milk. Melt the butter in a teakettle boiler, add flour and stir constantly for a few minutes, so that it will be perfectly smooth. Add the milk a little at a time, and let it boil thoroughly. Then add the potatoes and let them cook until thoroughly hot. The potatoes are not to be chopped with a knife in a chopping-tray, but to be sliced lengthwise in slices half an inch thick, and then cut into half-inch dice.

Yorkshire Recipes.

('Harper's Bazar.')

YORKSHIRE TEA-CAKE.

Four pounds of flour; one pound of butter; four ounces of yeast; a little salt; milk to make a soft dough. Rub the butter into the salted flour. Add the milk and the yeast, and roll the dough out very thin. Make in cakes about the size of a tea-saucer. Let them rise about an hour in a warm place; by the end of that time they should be fully three times their former thickness. Bake in a quick oven. Split, butter, and cut into quarters while hot.

YORKSHIRE RASPBERRY SANDWICHES

Four eggs. The weight of four eggs in sugar; and the weight of three eggs in flour; grated rind of one lemon. Beat the eggs and sugar together until very light, stir in the flour, taking care not to make the eggs fall by using too heavy a hand; add the grated rind, and make the batter into four small cakes. Bake in a quick oven ten minutes, split, spread, a layer of jam between them, and sift powdered sugar over them.

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