

HOUSEHOLD.

Turn About.

The pleasure of reading aloud to her child is one which the mother is slow to give up, and the moment when the boy discovers that he can get to the climax of the story quicker by himself brings a pang to her loving selfishness. But she can find compensation in turning listener, and it will surprise her to see how soon home practice, supplementing school drill, will transform the child's halting, stumbling manner, and make the reading a genuine pleasure to ear as well as heart. The time is best spent on selections made ostensibly for the mother's taste, though she will give a side thought to the child's, and the little reader will be less impatient of his slow progress if he starts with the idea that he is doing something for mother's enjoyment rather than his own. Magazine articles, bits from the daily paper, poetry now and then—any of these a child of ten or eleven will learn to read without too many pauses for help over hard words, and incidentally take in a good many ideas of interest to himself. To be able to read aloud easily at sight, without that awkward pause to 'look it over,' is an accomplishment not universal even among people of education and culture, and in acquiring it, the ability to comprehend and reason rapidly is wonderfully promoted.—'Congregationalist.'

The Foot-Bath.

The foot-bath, though simple, is a most useful home agent in treating sickness. The ease with which it can be given and its wide range of usefulness make it especially commendable. We are apt to look upon so simple a treatment as having virtue only in infrequent diseases or unimportant conditions, but this is not true of the foot-bath. Have you ever tried treating a cold by means of the foot-bath? Take a thorough foot-bath, to which mustard has been added. By 'thorough' is meant that the feet shall be placed in water which will come high up the calves of the legs and the water as hot as the feet can bear, says the Pacific 'Journal of Health.' Then, by continuously adding hot water, the foot-bath should be kept as hot as can be borne for twenty minutes. At the same time hot water should be drunk freely. The patient is ready for bed, after drying the feet thoroughly. Cover up warmly with extra clothing, and place something warm to the feet. If there is a cough and pain in the chest a hot application may be given to the chest after the foot-bath. In many cases this treatment will suffice to break the cold. If not, repeat at least every day. Should the cold not yield to one or two treatments try fasting. Not necessarily entire abstinence from food, but the eating of a limited amount of very simple food. Headaches will yield to a foot-bath without other treatment. Try it. If the head is hot wring a towel from cold water and wrap around the head. Habitually cold feet are treated by the alternate hot and cold foot-baths. Persist in the treatment every night, or both night and morning. Some people suffer with difficulty in going to sleep. The brain is active, and because of the multitude of thoughts sleep will not come. A warm foot-bath may be all that is needed. A tepid foot-bath will be found very restful and quieting to the tired nerves of a busy housewife. She will resume her work, refreshed, after the simple treatment. The warm foot-bath is found helpful to the weak heart. Pain in the heart from organic heart disease will frequently be very much relieved by simply placing the feet for a very short time in a moderately warm foot-bath. It does not need to be so hot that the patient can hardly bear it.—'Presbyterian Banner.'

Gruel.

(Pansy, in the 'Christian Endeavor World.')

I call to mind a certain poor mother, an invalid, for many weeks dependent on the care of a most willing and bewildered daughter, who helped to make life miserable for the sufferer because she did not know how to make a comfortable bed. In the first place, she could not conceive of a little bit of a wrinkle in the sheet as being capable of inflicting torture; and, in the second place, she did not know how to avoid it. If she had been trained to tuck

the lower sheet carefully in at top and bottom, as well as on the sides, and to confine each corner with a safety-pin, much discomfort would have been avoided.

There came a day when in that same home oatmeal gruel 'with egg' was ordered by the busy physician, who stayed not to see whether the attendant knew how to prepare it. She thought she did. She had watched 'mother' make gruel in a skillet in a few minutes; not of oatmeal, it is true, but that could make little difference. The egg was a bewildering addition; but she bravely attacked her task, and produced, presently, a lumpy, sticky 'mess,'—pardon the use of the word; no other will fit,—scorched at that, with a boiled egg, the white part of which was like leather, plumped down in the midst of it! Of course the very sight of the strange mixture was enough for the invalid.

Now, suppose her daughter had known that oatmeal gruel for an invalid must not be made out of oat flake or any of the other steam-cooked preparations, but must be genuine fine oatmeal, that a very small teaspoonful must be put into a quart of boiling water with a teaspoonful of salt, and cooked in a real or improvised double boiler for the space of at least two hours, or until the quart of water has reduced itself to about a pint. Then the egg, previously boiled and cooled, must be grated into the mixture, a pint of boiling water added; and after cooking for ten minutes the mixture must be strained through a wire strainer of medium fineness. So prepared, a dish of oatmeal gruel, with a few spoonfuls of cream added to it, is dainty enough and delicate enough for a very capricious appetite. This, you observe, is a dish not at all difficult to make, and it is in general use to-day; yet how many young women who can make all sorts of delicious cakes and creams know how to prepare it?

Music Among the Dishes

Glancing through a lively periodical, entitled the 'Hearth,' my eye lighted upon a little article entitled 'Dish-Washing Set to Music.' That was something new, and I read it. As it is suggestive, I venture to copy it:

'No one really enjoys washing dishes,' says the writer. 'It is a part of the inevitable drudgery of an economical household of small means to which the mistress of the house submits with more or less of grace or patience, according to her gifts.'

'I know of one instance, however, where the task was made not only endurable, but actually attractive. A friend, the wife of a country minister, had a large family of children, and those old enough to be of much assistance were boys.'

'To the average boy dish-washing is by nature particularly obnoxious, and the boys of this household were not unlike others, but they rose to the situation with a cheerfulness which can hardly be too highly recommended.'

'At the conclusion of each meal the mother would turn to her boys with a decisive nod of the head which they understood well enough as a signal to begin to clear the table.'

I had read thus far, and had read aloud, when the daughter of the household, who is inclined to make rhymes, interpolated the following:

Boys, attend your mother's wishes,
Go at once and wash the dishes.

She was proceeding with more in the same strain when I checked her levity with a good deal of brevity—dear me, this rhyming is as contagious as the measles—and proceeded to read:

'If they (the boys) showed any disposition to rebel, she almost invariably commenced to sing; sometimes it would be a Sunday-school hymn, sometimes a popular air with a cheery ring, but whatever the song, there was no resisting mother's voice. First one would join in and then another, and as it was a rule that no one should sing who did not work, the little army of volunteers soon became quite as numerous as could be desired. As all the dishes rattled the voices would rise higher and louder; now Johnnie must have his favorite song; now Jamie must have his, and before anyone had time to grumble

over doing girl's work, or even to realize that the work was disagreeable, the dishes would be washed and wiped and put away and "mother" at liberty to attend to other necessary duties, with nerves refreshed rather than wearied by the chorus of young voices.'

All this seemed to me eminently proper, and the scene suggested was in pleasant contrast to the pictures memory called up of some households. There the young people attended to the dishes, but with much sad wrangling that was by no means musical, and I was prepared to endorse the writer's closing remark, which said:

'Perhaps the idea may suggest to mothers similar methods of lightening the labors of their households, for God loves not only a cheerful giver, but a cheerful worker as well, and work performed with a merry heart is robbed of half its weariness.'—'N.Y. Observer.'

Useful Hints.

If a moth miller is seen in a closet, it is a good plan to burn a little camphor gum very promptly. Frequently this simple precaution, if taken very early in the spring, will rid that closet of moths for the season.

Rust on steel will generally yield to a paste made from fine emery powder and kerosene. Rub the spots with this, let it stand for several hours, then polish with oil.

A baker who makes jam on a large scale says he never stirs it, but puts a large handful of marbles on the bottom of the kettle. These roll around while the jam boils, and prevent its burning.

Sometimes there are stains on the marble and in the basin of the bathroom washstand which resist soap preparations. Just scrub with dry salt and a cloth run from hot water. Then wash well with kerosene and later with soap and water.

In the Sick Room.

(Amelia E. Graessle, in 'Union Signal.')

The patient should be kept quiet, and all unpleasant subjects should be avoided. All visitors should be kept away from the patient, who, as a rule, would rather not see anyone. When visitors must be admitted to the room, do not tell them the condition of the patient or how sick he has been, but let the conversation drift upon other things.

After the patient's breakfast is over, say one hour after, it is well to give the daily bath, which should be a nice, warm, and cleansing bath. Place the patient upon a blanket or a large bath towel, remove the top covers and put a blanket over the patient, then bathe and rub the back well with witch hazel. After the bath is finished put on a clean gown and comb the hair. A woman's hair should be plaited in two braids. The nails should receive attention and the mouth should be washed two or three times a day. In the morning it is well to use a tooth brush and thoroughly cleanse the mouth. With fever patients, wind a soft piece of cotton round the finger and cleanse the teeth in that way. If your patient is able to be moved, turn him upon one side, and change the linen throughout.

In putting on fresh linen, see that there are no wrinkles in the sheets to render the patient uncomfortable and leave red ridges on the body. These in time will form bed sores. When the red, inflamed spots form on the back, elbows, heels, or wherever the pressure is the greatest, a pad must be placed so as to give the injured part relief. This can easily be done by making a ring of cotton batting, by wrapping a bandage round or by sewing cloth to form a smooth ring, the hole in the centre to be placed over the injured part and putting the pressure on the sides. The inflamed parts should be rubbed well with witch