The blunt bowls of egg-Plunge the eggs into boiling water

Cover the egg-boiler with a cosy

## Mrs. Sterling's Ways-No. IX

OMEBODY—I am glad nobody knows who nobody knows who—put into circulation the proverb, 'There's wit goes to the boiling of eggs.' That's one of the popular sayings—and there are others like unto it-which epit omize the foolishness of a genera-tion. Whereas, proverbial philosophy is supposed to condense the wisdom of the age."

The critic was, of course, Mrs. Greene. A pile of crisp and dainty triangles of toast was on the stand nearest to hear. She put out her hand abstractedly for one and nib-

hand abstractedly for one and nib-bled upon it as she went on with the tirade:

"What possible connection even the father of proverbs—Solomon in all his glory—could trace be-tween wit and boiling an egg is beyond my comprehension. Apbeyond my comprehension. Another illustration of what I was saying awhile ago—that we amiably and stupidly follow the fashably and stupidly follow the fashions pioneers set for us, adopt their principles and echo their sayings to save ourselves the trouble of thinking out creeds and composing speeches for ourselves. So when the anonymous saw-maker harnesses wit and eggs together, we repeat the jingle, apropos of anything or nothing. It sounds wise—somehow. In reality it is—bosh!"

#### ON HER HIGH HORSE

She was on her high horse and nobody interrupted her canter. Our Virginia woman, Mrs. Mar-tin, who also enjoys hearing her-self talk, once said that she "could not imagine Mrs. Greene creaming her tea. It was inevitable that she should take it clear, with a slice of lemon—and the faintest possible Ouspicion of sugar. The wonder was that she put any in!"

Mrs. Sterling crossed the room to a bookease and drew out a dictionary:

ionary: "'Wit'"—she read aloud," 'knowl-

4

edge; wisdom; intelligence; sagacity; judgment; sense."

She pushed the big book back

into its niche, adding quietly—"All of which should go to the boil-

"Dear Mentor of us all!" cried Mrs. Bistre. "What an array of causes, and what a wee sma' ef-

"Queen Christina's blunderbuss, and the fly she didn't hit!" chimed in Mrs. Greene.

And Mrs. Gray, imploringly—

"Von have convicted us of ignor ance 'in re' tea and toast. Do leave us the modicum of 'knowledge, wisdom,' and the rest of the list necessary for boiling an egg in the shell!"

#### RAISED A LAUGH

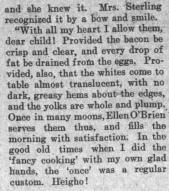
Her tragico-comico tone and stare raised a general laugh, led by the hostess, who, however, held her

"Judge for yourself, my dear. The nutritiousness of an egg is in the yolk. So well is this known by students of natural history that it is called the 'food-yolk'—the matter upon which the embryo bird draws for form and life. The aldraws for form and life. The albumen is a transparent envelope for this golden heart—a conglomeration of hydrogen, nitrogen, carbon and a dash of sulphur. Heat, if kept up beyond a certain point, changes this harmless envelope into a tough white substance, which Jobanust have had in mind when into a tough white substance, which Job must have had in mind when he asked contemptuously, 'Is there any taste in the white of an egg?' It did contain nourishing elements when raw. Perhaps it would be better to say that it did not neutralize the nutritive qualities of tralize the nutritive qualities of the food-yolk. When we give hardboiled eggs to young canaries and chickens, we throw away the white and rub the still nourishing yolks to powder to suit tender digestive

"But"—urged Mrs. Greene, swal-lowing sympathetically, and so in-voluntarily that we all smiled— "the prejudices of artificial civilto powder to suit tender digestive organs.

"Good! Now, in the witless boiling of eggs, rapid cooking, in two minutes hardens and toughens the white until it looks like half-fired porcelain, and reduces the yolk to a shapeless, hot, viseid mass, that gushes forth at the crack of kniic or spoon, affording all the foodvalue we get from the egg. This is the four-minute-boil stipulated for by some gourmands. Thirty "the prejudices of artificial civilization are opposed to gulping down raw eggs—from the shell!—at the breakfast table. And you say that we make them indigestible if we cook them! Because you are dietetic are we to have no eggs and bacon?"

This was a neat turn of speech This was a neat turn of speech



'The tender grace of a day that is dead Can never come back to me!' ''

"And no boiled eggs?—which the soul of my John loveth!" Mrs. Gray echoed the sigh.

"DON'T BOIL THEM"

"Have them every day if you wish, Only—don't boil them! No! that is not a bull—but the statement of a gastronomic possibility. Buy one of the block-tin or plated silver egg-boilers sold in housefur-nishing shops, and use it upon the breakfast-table. It consists of a

breakfast-table. It consists of a well' or pot, with a close cover.

"A frame with holes for four or for six eggs fits easily in this well, the handle passing through a slit in the lid. This lid is hinred in the middle to fit closely about the rod terminating in the handle. Bemiddle to fit closely about the rod terminating in the handle. Beneath is an alcohol lamp. Fill the well with boiling water, light the lamp to make sure that the boil is real and active, plunge in the frame-filled eggs, close the top, and in twenty seconds—this to reheat 'the water cooled by the eggs—blow out the light, cover all with a cozy, such as you use for the teanot out the light, cover all with a cozy, such as you use for the teapot—and let the 'boiler' alone for five minutes if you wish to have soft eggs. Eight will bring them to a custard-like consistency—even all through—whites and yolks alike.

"Prepared in this way, I find eggs far more palatable than when boiled. They are so much move digestible that physicians prescribe them for young children, and for their elders who have weak stomachs.

"One of my 'ways' is to eat eggs from the shell. They keep hot longer, and have a more delicate flavor than when turned into a cup-or glass. I believe that we Ameri-cans are the only people who thus 'dump' our boiled eggs."

# Marion Harland

### Advice on Home Nursing

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HE first thing to be considered is
the bed. A firm hair mattress
should always be used, with a
thin blanket or covering of some
kind under the lower sheet.

Iter long service all mattresses are
the to sink in the middle and be
the very uncomfortable to lle upon for
length of time. A blanket folded
githwise and placed under the matis in the middle of the bed, or two
pillows, will overcome this diffi-

flat pillows, will overcome this difficulty.

When there is much fever a hair pillow will be found, though harder, much cooler than a feather one. A number of small pillows of all shapes and sizes, especially during long cases of illness, will prove of the greatest comfort. You can tuck them in odd corners, under the back and shoulders, as a help to keep up the knees, and thus take all the strain from the back.

Three sheets are required in making the bed, also a piece of rubber sheeting, about three-quarters of a yard wide. to be used under the draw sheet. Where there is no danger of the patient solling the mattress, the rubber sheeting may be dispensed with, as it causes unnecessary perspiration, and if it wrinkles under the patient may even lead to bed-sores.

To arrange a bed for a sick person

Alithe device for clipping the ends

seconds less will 'form' the white

and just heat the yolk, making it a trifle less indigestible than when

the four-minute rule is obeyed."

"According to that, it would seem that the raw egg is best of all," commented dauntless Mrs. Greene, "and that most wit goes to not boiling it."

"You are quite right if the testi-mony of experts in the treatment

ETHICS OF EGGS

time of taking."

"You are quite right if the testimony of experts in the treatment of anaemic, dyspeptic and consumptive patients be worthy of confidence. I know one man who was given over by his physicians as hopelessly ill with tuberculosis, who has regained strength, fiesh and breathing powers by a daily dietary of two quarts of milk and eight raw eggs. He says he 'doesn't mind the eggs—much!' He breaks them open and tosses them down direct from the shell—two at each time of taking."

be dispensed with, as it causes unnecessary perspiration, and if it winkles under the patient may even lead to bed-sores.

To arrange a bed for a sick person so that it will be thoroughly comfortable and free from wrinkles, the undersheet must be drawn very smoothly and well tucked in. If your patient is heavy or inclined to restlessness, you will find it of great advantage to pin the under sheet at the four corners with safety pins. Over the under sheet and across the middle of the bed lay the rubber sheet, pin it at the corners and cover with the farw sheet, which is a small sheet folded to the width of the rubber and tucked firmly over it on both sides of the bed.

I would here add that an invalid may be made to feel freshly clothed for the night and the morning by keeping two nightgowns in use—one always alting while the other is in wear.

Quoting from Eveleen Harrison's practical little book:

"Crumbs should be brushed off after every meal with a little whisk broom, and the draw sheet pulled tightly and smoothly two or three times a day to avoid wrinkles."

Sunlight is one of the necessities for a sick room. Even should the windows have to be darkened at the commencement of an illness, as soon as your patient is convalescent plenty of sunshine will be of inestimable value, both mentally and physically.

Never allow a bed to face a window, as the light failing directly on the eyes is very distressing. At night darken the lamp or gas by means of a small shade; a newspaper fastened—with a bem hair-pin—on one side of the globe nearest the patient answers the purpose.

A thermometer must hang near the middle of the room, at some distance from the window or fireplace, so as to record the exact temperature, which should be carefully regulated. In ordinary cases a temperature of 70 degrees Fahrenheit is the best, but where there is much fever, as in typhold or scarlet fever, ste, the room should not be warmer than 6 degrees Fahrenheit.

than the relative difference in taste—a fact which some clever mothers take to account in their methods of serving. Omelets, with bits of bacon beaten in through, make a delicious, appetizing breakfast, with the interest of seeing how many bits of bacon he has adding zest to the appetite. Bread or toast cut into strips and built peaten by the child who doesn't want his breakfast, but with does want to see the walls gown and the see the walls gown and the see the walls gown and the see the walls gown to be seen and the see the seed of the se

A CHILD'S BREAKFAST



A BREEZY, helpful letter from an esteemed correspondent, albeit longer than befits our circumscribed Corner, is too good to be laid on the table. Readers will agree with me after reading it:

laid on the table. Readers will agree with me after reading it:

The spirit moves me to make a little "preachment," and so, like the proverbial bad penny, turn up again.

In carried the "disters" all realize what fine exercise housework is if done properly? I would like to tell them what I know about it. Two fours' vigrous work in the morning leaves my house in perfect order and my body in a fine glow, but such work to be beneficial must be done regularly and exact ly the same way (a la Chinesh), morning arter monling. A grounds" the next will not answer at all. Do not be afraid to reach up or bend down, sweep, dust, get down on your kness to clean uner the beds. Do it all with enthusiasm and with open windows, and it will not be long before you will welcome the lime to take a course has measure three inches.

I know this will not appeal to the stout sisters, but there is such an array of thin ones! But, oh! sisters, it you do not wish to enlarge your wairt, also, do not heed the beauty culturiest, and always take a brisk walk in the open air, also breathing deeply all the time.

To change the subject, here are a few practical hints:

1. A broom which has been dried may be freshened by soaking in cold water and drying slow! un and marry between out and another and the process of the process

Home-Made Bluing Two requests for a formula for home-made bluing having been sent in, and referred to co-workers, a Massachusetts member contributes one, "warranted sound and kind": Get one onnee of exalle acid, one onnee of Chinese er Pressian blue (either will de)

and one quart of soft water. Put into a bottle and shake well and often for two or three days after mixing it. After this do not shake it at all, if any of it settles to the bottom, you can fill the bottle after using the first water. If when you buy the blue it is not powdered, ask the druggist to powder it in a mortar for you. Unless the Chinese or Prussian blue is pure it will not be a success. It will precipitate and spot the clothes. Ask the druggist to warrant h. If it is all right if. It does not injure with the finest clothes. The quantity here noted has been known to last a family of six persons a year, and the cost is trilling compared with that of any platent bluing.

Mrs. E. L. (Atlantic, Mass.).

How to Make Marshmallows will you kindly, through your column, tell me how to make marshmallows? Your "school for housewives" is very interesting to me, and I aways look for that page with eager anticipations.

A. M. S. (South Bend, Ind.).

Thank you for cheering words. The desired recipe will be found in another column before long.

Are Decorated Linens Wash-

Now I have a request. I have learned to paint on linen, and the person who taught-me said the private would 'auandry' with ut-bolling, but upon experimenting, I found the color ran and parity washed out, and I think in three washings would be completely

Can you or any of your valuable helpers tell me of anything to do to make the pieces washable? Mrs. H. S. B. (Evanston, III.). washable? Mrs. H. S. B. (Evanston, III.).

I submit your querys cheerfully, but, having had a good deal of experience in painting upon silk, linen, cotton and canvas with oil and water colors, and what is known technically as "distemper," I doubt if your decorated linen can be made really "washable." May we hear from readers upon this matter?

A Letter From an Old Friend

method of cleaning applies to white lace, not to black.

3. That chamois skin gloves—smally known as "wash leather," may be made to look "amaier as weel as new" if washed in the maier as weel as new" if washed in the maier as weel as new. If washed in the maier as the maier as the maier as the maier as a state of a manual at each quart. When the water is lukewarm put the gloves in and let them soak for a quarter of an hour, then squeese them of a quarter of an hour, then squeese them of a quarter of an hour, then squeese them of a the hands, but do "the hands, but do "the little ammonia and a state of the same of the same

Pastry for Berry Pies May I tell you how I make my family astry? It is called good, and it is not unwholesome handfuls of flour to one heading tablespondul of shortening, a little saitand a little water. When baking berry pie
I roll out same as for any pie, put in cornstarch, sugar, then-the berries. By using
cornstarch instead of flour I find the berries
have a better color and don't boil over.
Maybe this will interest sombody.
A MOTHER OF THREE (South
The three children are all right, Long
life to them and to their mother! But
if they are still babies, don't give them
pies fo eat. Keep pastry for yourself
and John.

Some time ago there was a letter in the "corner," written by a wife, asking how and might obtain a knowledge of cooling. The too many homes good cooking senior has been also as the cooking which was a summer of the cooking senior with the cooking chimner is some other compassionate house, wives have offered to repair the defects in "Mrs. A. B. C.'s." domestic training that your kindly offices will hardly seeded. Your views upon his materials are sound-theroughly echoder, in