

cease to attract, and the farmer boy inherit his full and high estate.—Lee McCrae, in 'Home and Flowers.'

The Air we Breathe.

The air we breathe should always be of the best. Pure air is of the greatest importance to the body—the blood wants it, the tissues demand it and life cannot go on without it. Pure air oxygenates or purifies the blood, burns up waste matter, allows the heat of the body to be kept up, and keep going all our vital organs. Bad air means low vitality, retention of waste in the system, with consequent disease and early death. Impure air is the cause of all our diseases of the respiratory organs, such as coughs, colds, influenza, sore throats, enlarged or inflamed tonsils, loss of voice, catarrh, pleurisy, bronchitis, inflammation of the lungs, and even consumption itself. Be careful, therefore, to always breathe pure air; have your sitting-room and your bedroom windows open day and night, in all seasons and in all weathers, about two inches. The absence from colds, coughs, etc., that you will notice in yourselves, is an experience once gained that will never be forgotten. Recollect that you spend a third of your lives in your bedrooms, and if you breathe bad air that it shortens life and causes disease. Always insist on pure air, and be sure you get the best you can. Do not be afraid of draughts. As one of the greatest authorities on hygiene remarks:—'Draughts are not injurious unless we are in a glow. To healthy persons they cannot possibly do so much harm as the stagnant air in a close room. The fear of draughts is entirely groundless, though it affects most people in a manner which is simply ludicrous.' It is high time to acquit draughts of the charge of being the cause of colds, and to convict the true culprit, the injurious hothouse atmosphere in our rooms. Why do people on river excursions on ocean steamers, where they are exposed to terrible draughts, never 'catch cold'? Simply because their skins are not previously broiled in hothouses.—'Forward.'

Bear With the Little Ones.

Children are undoubtedly very troublesome at times in asking questions, and should, without doubt, be taught not to interrupt conversation in company. But, this resolution being made, we question the policy of withholding an answer at any time from the active mind which must find so many unexplained daily and hourly mysteries. They who have either learned to solve these mysteries, or have become indifferent as to an explanation, are not apt to look compassionately enough upon this eager restlessness on the part of children to penetrate causes and trace effects. By giving due attention to these 'troublesome questions,' children's truest education may be carried on. Have a little patience then, and sometimes think how welcome to you would be a translator if you were suddenly dropped into some foreign country, where the language was for the most part unintelligible to you, and you were bursting with curiosity about every strange object that met your eye.—'The American Mother.'

The Prevention of Pneumonia

Pneumonia is a germ disease, due to the poison elaborated by a special micro-organism; but a knowledge of this fact helps little in avoiding the disease, for the reason that the germ of the disease is almost always present in the body—especially in the mouth, throat and nose. The question, then, is one, not of avoiding the germ, but of preventing its growth.

Normally, the tissues do not offer a suitable soil for its development, and it is only when they have been changed in some way that rapid growth can take place. This change may be effected in a number of ways—by catching cold, by the loss of sleep, by living and especially sleeping in badly ventilated rooms, by the abuse of alcoholic drinks, by habitual over-eating, by worry, in fact, by any of the agents, physical or mental, which depress the vital powers.

The prevention of pneumonia consists in living according to the laws of a rational hygiene—pure air and deep breathing; plenty of water internally and externally; plain food in moderate quantity; abstinence from alcohol; plen-

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ty of sleep; bedroom windows open all night, and, finally, the cultivation of a poised and un-irritable spirit.—'Youth's Companion.'

The Household.

Kerosene will soften boots and shoes hardened by water, and render them as pliable as new.

A new lamp wick should be soaked in vinegar. If this is done there will be neither smell nor smoke, and a much brighter light will be given.

Do not scrape a frying pan, as it is liable afterward to burn. Instead rub well with a hard crust of bread and wash in hot water.

Iron and polished steel, when not in use, may be kept from rusting by wiping with a cloth on which a little kerosene has been poured.

If the cover of a fruit jar sticks do not attempt to wrench it off; simply invert the jar and place the top in hot water for a minute. Then try it and you will find it turns easily.

Do not throw old incandescent mantles away. They make a splendid polish for silver. Put a little on a soft duster, and rub on the article to be cleaned. It will polish beautifully without scratching, or marking the silver.

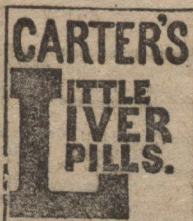
What is a 'Lady'?

The question, 'What constitutes a true lady?' is discussed by Mrs. R. Neish in a contemporary. 'No woman is a true lady,' she writes, 'who is a snob—neither one who apes her betters, nor she who despises those beneath her, and boasts of her rich or titled friends, or keeps her humbler acquaintance in the background, or from your knowledge altogether. No woman who does these things, be she great or small in society's eyes, is really and truly a lady at heart. A true lady should be a "gentlewoman." Gentle and womanly, pure and fearless. I can pick her out from among the best of women I love—a woman before whom men of all and every class instinctively remove their headgear, and to whom they speak with defence and courtesy.'

Selected Recipes.

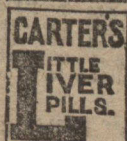
Apple Cheese Cake.—Pare, core, quarter and cook sufficient apples to make one-half pound.

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Add to this ¼ lb. each of melted butter and powdered sugar, the yolks of four eggs, and the well-whipped whites of two, and the grated yellow rind and juice of one lemon. Stir the mixture well. Line some patty pans with puff paste, fill with the mixture, and bake in a quick oven. Cover with a meringue made with the whites of two eggs, and two table-spoonfuls powdered sugar, and let get a pale straw color in a slow oven. Just before serving put one teaspoon red currant jelly in the centre of each, and on top of this a halved English walnut meat.

Stuffed Apples.—Selected large, smooth apples. Pare them, cut out the cores, but do not make the hole run entirely through the apple. Take some cold cooked chicken and chop it fine. To each ½ lb. chicken allow one table-spoon chopped parsley, ½ teaspoon salt, a little pepper and one cup bread crumbs. Mix thoroughly and fill the apples. Put a bit of butter on each and bake in a quick oven until the apples are perfectly tender.

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