

THE HOUSEHOLD.

BREAKFASTS—HOT BREADS.

BY KATHERINE ARMSTRONG.

Dyspeptics and those who have delicate stomachs do not care for warm breads for breakfast, or any other time, but it certainly adds to the attractiveness of the morning meal, especially in cold weather to have "your hot muffins well buttered" to go along with whatever else is provided, and there are many kinds, like biscuit, corn-bread and muffins that can easily be put together inside of ten minutes. An expert cook first knows how, then how to do quickly what he knows. It is more difficult to learn speedy manipulation than to remember the more putting-together of the materials. One would hardly believe how many separate breakfasts, each of half a dozen or more dishes, a good French chef can cook in one hour; for in hotels each piece of steak, each chop, each omelet, and so on to the end of the meats and principal dishes, is cooked by itself for single persons according to order.

Habit has much to do with speed in cooking, and time is quite as valuable, generally, in a family as in a hotel. We have seen biscuits that were absolutely perfect made in five minutes and baked in fifteen. The "knack," in old homely country parlance, is not given to all, to be sure; but to be expeditious in culinary work is but a branch of the great art. The importance of a good, bright, early fire in the morning is above all, for if one is hampered and troubled by a range that is defective, or a late-rising servant, hot breads must be dispensed with; but a good range, a good fire in it, one pair of interested and willing and able hands, and one half-hour of time will prepare as good a breakfast as one could ask for. The old rule for corn-bread, or in New England terms, "Johnny cake," is hard to improve upon—made of two cups of flour, one of yellow cornmeal, one spoonful of butter, one-half cup of sugar, one level teaspoonful of salt, three eggs, two heaping teaspoonfuls of baking powder, and sweet milk to make a thin batter. The whites of the eggs should be kept out, beaten to a froth and added last. If made thin, in a large tin, it will bake in twenty minutes, all conditions being favorable. Any cornmeal swells very much, and there is danger of making the batter too thick; then it will not be as light and feathery. Muffins are acceptable both for breakfast and tea, and the following rule, used for years, will always prove satisfactory. Beat the yolks of three eggs well, add one large spoonful of melted butter, a level teaspoonful of salt, add two cups of sweet milk, stir in flour to make a stiff batter, in which two heaping teaspoonfuls of baking powder have been mixed. Lastly, add the frothed whites of the three eggs, and pour into twelve well-buttered muffin pans. Fill six, and then stir into the rest of the batter half a cup of sugar. It will make a variety and just suit somebody's taste.

English muffins are made entirely different, and look different as well, but yet please some tastes better. To make them, heat one quart of milk lukewarm, beat the whites only of three eggs to a stiff froth and stir into the milk, add one-third of a cake of compressed yeast dissolved in a spoonful of warm water, and then stir in flour to make a moderately stiff batter. Keep in a moderately warm place over night, and bake in muffin rings on the griddle for breakfast. The good colored cooks in the South excel in making these muffins. We see them at the bakers. They are very nice split open and toasted for breakfast.

The simplest of all breakfast cakes, the quickest made and the greatest favorite, is what we were taught by our old English cook to call Laplanders. Beat two eggs well, stir into them two cups of sweet milk and pour the mixture gradually into two cups of flour. Add a little salt. This makes one dozen Laplanders. We lastly put in our Dover egg-beater, and two minutes beating of the batter makes them just perfectly satisfactory.

Raised biscuits, found often and delicious in country homes, but seldom seen in the city, are made of bread sponge, simply, with a good lump of butter worked in, and made into biscuit, each one rolled and kneaded by itself, and then allowed to rise before baking.

Rolls are made in the same way, only

each biscuit is rolled out nearly flat, an inch or less thick—a piece of butter laid on one half and the other folded over it. Allow to rise and bake.

Waffles are a dish easy to make, delightful for a breakfast change on a cold morning, and relish highly for tea as well. They are considered best when made with yeast, but are very fair when made with baking powder.

American waffles are made of one pint of milk, one half cup of melted butter, three beaten eggs, one teaspoonful of salt, and one quart of flour. Mix all these ingredients and beat well into them one-third of a cake of compressed yeast dissolved in one cup of milk. Let it rise till light, stir in half a teaspoonful of carbonate of soda, and the batter is ready to bake in waffle-irons.

A delightful and easy breakfast hot cake is what is called coffee-cake in New England—hot cakes, good with coffee—made of a dough exactly like biscuit, and cut into three-inch squares, after being rolled about half an inch or more thick, and fried in a kettle of hot lard. They are hot and delicate.

Rye cakes make a pleasant change. Two cups of rye, one of flour, two cups of milk, two eggs, one teaspoonful of baking powder, a little salt. Bake in cups and serve hot. Good also for tea.

Fried mush is akin to hot bread and is not to be despised, a favorite dish with many. It should, when first made, be cooked a long time slowly, to overcome the raw taste of the cornmeal. When cold it should cut in slices like bread, and be fried slowly in hot drippings, browned delicately on both sides.

To make rice cakes, add cold boiled rice to a batter made of milk, two eggs to a quart, and two teaspoonfuls of baking powder to every quart of milk, made into a thin batter with flour and fried in hot fat. A teaspoonful of sugar is an improvement. It makes them brown more readily. It is an improvement to any fried cake. A change is made by using one-half cornmeal and one-half flour in making these cakes and omitting the rice. Still another variety is made by stirring in a can of corn instead of the cold rice, or using oysters or clams.

And now we have come to buckwheats, a breakfast requirement almost in some families. There seems to be a general tendency to substitute something more wholesome in place of the oily grain. As is often the case, the simplest rule is best. We have found this one hard to improve upon. To one pint and a half of buckwheat and half a pint of yellow cornmeal add one spoonful of salt, and warm water enough to make a thin batter. To this add one-half a cake of compressed yeast, dissolved in a little warm water. Let rise over night, and in the morning add half a teaspoonful of carbonate of soda and two spoonfuls of molasses, which makes the buckwheats brown readily. Bake on a hot griddle, serve hot upon hot plates.

Corn dodgers.—These are made of cornmeal only, with milk, to one pint, a spoonful of butter, one egg, a little salt, and sugar and a dessert spoonful of baking powder. Have the batter quite stiff and fry in spoonfuls, in plenty of hot dripping. The cakes should be quite thick, about the size and shape of a "Boston cracker," and cook not too fast, so as to be well cooked through—well browned on both sides. To serve should be hot. To eat, split open and well butter. They are a quickly made dish, a great favorite among the Southern cooks.—*New York Observer.*

HOW TO AMUSE LITTLE BOYS.

What shall our little boys do in the long winter evenings? asks a writer in the *New York Post*. Of course our little boys of nine and ten go promptly to bed when the short hand of the clock points to 9, but between this hour and tea time there is a broad unoccupied space which must be filled. Boys used to be taught to use the needle, but it is very difficult now to induce them to take one in hand. It may be accomplished once in a while by telling how the soldiers used to mend their stockings, and how the young ladies at home used to send them needlebooks and thread (it would be interesting to know just how many of those pretty articles were ever actually of any practical use). Possibly

you can impress upon the boys the truth that it really is a good thing to be able to use a needle, and if you can do this, set them to making little bags to keep marbles in, or let them help to make fancy bags to hang on the Christmas tree. Another occupation is the endless one of making scrap books—books of pictures as well as of stories and anecdotes. Then there are many games to be played with letters, and it may be a pleasure to the boys to be provided with white cardboard and a box of paints, and then let them cut out cards and make the letters upon them and paint them in fanciful ways. It certainly would be a good plan to let a boy give you a specimen of his handwriting every other evening, and allow you to note his gradual but sure improvement; also of his drawing. Almost any boy would be proud and glad to be encouraged to do this. If possible, do occasionally play games with your boys. The effect upon a boy's character of having been taught at home to understand and appreciate, and at last to exhibit the true spirit which should enter into all games, would be marked. To teach him to bear defeat gracefully, and victory with only a legitimate pleasure, would certainly be worth while. A strong faith in the idea that well-trained and thoughtfully brought up children will in the end be found to be better men, will be an unfailing source of strength to a mother. Her children may go wrong, it is true, but who can believe that they will go so far wrong as they would have done without her labor and her anxious thought. Above all things do allow a boy a certain degree of freedom in his own home.

CARE OF CHILDREN'S EYES.

In a paper on School Hygiene, President G. G. Groff, M. D., LL.D., of the Bucknell University of Lewisburg, Pa., makes the statement that the eye troubles of highly civilized countries are rare among savages and those who have never attended school. Sixty-eight percent of educated Germans over twenty-one years of age it is asserted have impaired eyesight.

Prof. Groff says that "whenever a child complains that its eyes ache, it should be excused from its duties, a note sent to the parents stating the need of rest and possibly an examination of the child's eyes by an oculist. The teacher should remember that pains and aches are the warnings which are given us that some part of the body needs attention. Whosoever neglects an aching eye, does so at his peril.

"A great portion of injuries done to the eyes of school children occur by using the eyes too soon after recovering from measles, diphtheria, whooping-cough and other diseases of childhood. Children should not read when lying down, when riding, nor when sleepy. In the school-room they should be encouraged to look up frequently at remote objects, and when out of doors to use their eyes on distant objects.

"To the habit of poring over their books, using the eyes only at short distances, more than to any other cause, is to be attributed short-sightedness among school children. It is believed that if children would systematically use the eyes on distant objects, the danger from nearsightedness would be greatly lessened."

At no time strain the eyes, nor on dark days read from poorly printed books, nor from greasy slates, nor from the blackboard badly written matter, nor under any other conditions. Good light and erect position are of course important.

HOW TO TREAT SCARLET FEVER.

The treatment of a case of scarlatina is of very great importance, not only as to the carrying out of strict rules and laws of medication and nursing, but in regard to the suppression of all danger of contagion to others, as it is certainly the most contagious of all the diseases of childhood.

The child should be at once put to bed in a room at the top of the house, isolated in every way from all other parts or persons of the household. The other children, if any, should be kept in a distant part of the house, not meeting anyone who sees the patient, or else sent away entirely. The room should be well ventilated, and the bed, (a narrow, long cot the best,) should be placed out of the direct draught, and not between door and window.

There should be heat in the room, if it

is cold, and if there is a stove or heater, there should be kept at all times a pan of water on it, to evaporate and make moisture for the room, or a kettle of boiling water may be kept on the stove. The temperature should be kept at about 65 deg. to 70 deg.

The fever will run very high and a simple sheet and blanket should form the covering for the patient, who lies on a hair mattress or hard bed, never on a feather bed.

For the fever, the following simple fever mixture may be given, which will suit most all cases in the earlier stages, or at least, until a physician be sent for.

Quinine sulphate, grains XV. (15).
Potassium chlorate, grains XXX. (30).
Tincture aconite, drops VIII (8).
Spirits nitrous ether, drachms III. (3).
Syrup (simple) a sufficient quantity to make 2 liquid ozs.

Sig. (or directions), Give to a child not less than three (3) years of age, half a teaspoonful or about fifty (50) drops every three (3) hours.

This mixture is a very safe and reliable one, if compounded by a competent chemist, and will reduce the fever and temperature and quiet and slow the pulse safely.—*Dr. T. Wallace Simon, in "Ladies' Home Journal."*

FOR LITTLE BABIES, packing-boxes stuffed and lined around the inside are excellent playing places. A large clothes-basket for the same purpose is not to be despised. A thick pad filled with cotton batting, or a cheese-cloth duvet folded several times, may be laid in the bottom of the basket, and another spread around the sides, that a sudden lurch or tumble on the baby's part may not result in a head bumped or a face bruised against the rough wicker-work.—*Harper's Bazar.*

PUZZLES—NO. 26.

SQUARE.

1. Head of a church. 2. Spoken. 3. Covering for the dead. 4. Girl's name.

HANNAH E. GREENE.

CHARADE.

My first in every dish is found,
My second is a body round,
My whole a popular game.

HARRY JAKWAY.

SQUARE NO. 2.

My first a flowering shrub will name
My second to Iceland does pertain,
My third is plant or easily bent,
My fourth is wood which has been spent,
A useful box my last will name,
And also part of the human frame.

ROBT. JENKINS.

BIBLE ACROSTIC.

Initials spell the name of the first man that peopled the earth and finally the name of the second.

1. That which Job was in the sight of those that dwell in his house.
2. That which Abram said unto Sarai with regard to her maid.
3. A word used by our Saviour when praying earnestly to his father.
4. A name given by Daniel to the coming Saviour.

HANNAH E. GREENE.

ANSWERS TO PUZZLES.—NUMBER 25.

SQUARES.—

No. 1.—P A R C H

A Z U R E

R U R A L

C R A N E

H E L E N

No. 2.—A P A R T

P O S E R

A S I D E

R E D A N

T R E N D

No. 3.—F E A S T

E D D E R

A D I E U

S E E M S

T R U S T

No. 4.—N O T C H

O C H R E

T H R O W

C R O N E

H E W E D

Pr.—Gather ye blossoms while ye may
Old time is still a flying
And this same flower that smiles to-day,
To-morrow will be dying.

BIBLE ENIGMA.—Seek ye me.—Amos 5:4.
NUMERICAL ENIGMA.—"Labor not to be rich."

PUZZLERS HEARD FROM.

Answers to puzzles have been received from Lillie Cass, Hannah E. Greene, Marion R. Ronnie, Beata Kinsman, Louis Head, R. H. Jenkins, Clement M. Keys and a correspondent from "Deer Island" whose name we have not received.