

The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this page will be worth several times the subscription price of the paper.

THE HOME.

There are some women who have the gift of domesticity, and many others who acquire it, but an unfortunate few who seem utterly wanting in this respect, who have neither taste nor desire for home life. There is a popular fancy that the latter are a class of women of superior intellect, who are unable to bring down their minds to the petty details of every day life. There is considerable nonsense prescribed on the folly of attempting to "boil eggs on a Vesuvius," and the like. Unfortunately for this theory, women who fail to adapt themselves to home life are not always overburdened with intellect. The opposite is quite as frequently the case. The woman who fails to interest herself in her home is quite likely to be a dabbler in art, in literature and what not, but she is usually an even more conspicuous failure than she was in the art of home-making. On the contrary, women of superior genius have usually been women of domestic habits. Mrs. Browning the greatest woman poet since the mythical Sappho, has left the example of an "ideal domestic life." Mrs. Blitcher, in her delightful reminiscences, tells of the temporary loss of some baggage containing the manuscript of "Aurora Leigh" and certain picturesque velvet suits that Mrs. Browning had prepared for her little son, and the writer says she was so annoyed over this loss of her son's wardrobe that she hardly referred to the manuscript. George Elliot's housewifely tastes are a matter of record. There is an amusing touch of that nature "that makes all woman-kind akin" in her complaints over certain household recipes that failed to "come out right." One lingers lovingly over the accounts of Charlotte Brontë shelling peas and doing other womanly work in the kitchen. A woman died recently in England who was pronounced by many able critics England's greatest living poet. Yet Miss Christina Rossetti's life was passed in perfect retirement, taking care of her aged mother and aunt. Women of the greatest intellect have delighted in home life. Instead of relegating these tasks to others, as they might well have done, they have solved their various household problems for themselves and often been as conspicuous among their friends as good housekeepers as they were to the world as women of genius. It is only the mediocre woman who may be rightly considered in "the blue-stocking ink fingered gentry" who considers themselves above domestic life. They are not literary people, but those who aim to be literary, and are best classified by Thackeray "literary people," conspicuous failures in all the work they undertake. The woman who is successful in any path in life must work hard for that success. Native ability may make her a clever dabbler, but will accomplish little more without application. The woman who is unable to master the simple details of the humble tasks around her is not likely to be able to do anything else successfully. The scorn of common things is characteristic of the shallow brained. First learn to do well daily tasks that lay before you, and these may prove stepping stones to higher duties.—N. Y. Tribune.

IN CASE OF NOSE-BLEED.

What Causes It in Youth and Later, and What to Do. Bleeding from the nose is caused by the congestion of the lining membrane of the nose. This congestion may be the result of cold, or, more properly of the diseased condition of the nasal membranes which is due to catarrh; or it may accompany congestion of some organ of the body, as the liver. It may also result from heart disease, or even from dyspepsia. Nose bleed in children is commonly supposed to indicate nothing more than that the child tires easily, or is overactive. Yet even these terms express more than is obvious upon a casual reading of the words. If a child tires easily, or, in other words, if the least exertion at play or at study results in a more or less severe attack of nose-bleed, the child must be in a weakened state; while, on the other hand, if he is accustomed to allow his play or his studies to go to the north his interest as to make him forget his fatigue, he is placing an injudicious strain upon his constitution. In either case he will be benefited by a curtailment of work, and an increase in the amount of time allotted for rest, until his body is more fully developed. No child's mind can be developed 'as fast' than the body except at the expense of his health. Nose-bleed occurring in middle life and old age is a more serious thing, as it indicates a grave condition of affairs. It is usually coincident with disease of the liver, heart or kidneys. Its cure is, of course, dependent upon the restoration of the organs to a normal condition. In elderly persons the disorder sometimes appears to result from weakness, which, in turn, it aggravates. It is a common saying that in full-

blooded persons an occasional nose-bleed is beneficial; and this may in a certain sense be true, inasmuch as the nasal membrane, as the relief of congestion. It is safe to say that bleeding from the nose is never anything but a sign of weakness. The treatment of an attack of nose-bleed consists in absolute rest and cool applications to the head. The extremities should be warm. The head should not be held down over a basin, as this favors the flow of blood. One of the simplest and most effective methods of stopping an ordinary attack is for the person to stand erect, with the head in the usual upright position, and the hands extended at length directly over the head.—Youth's Companion.

Cheese Cakes and Other Cakes. The cheese cake is a most excellent and common dish of English cookery, and is little known in this country. No one who has tasted its excellence can fail to repeat the trial. To make a plain cheese cake, line a pie-plate with plain crust. The mass of Banbury cakes prepare an excellent pastry with a pound of risen bread dough and an equal weight of butter. These ingredients are mixed together in the same way puff-paste is mixed, being folded envelope-like, rolled out and folded again, until the process has been repeated six times. Finally the paste is rolled out very thin and used like any other pie-crust. However, any pie-crust will answer, providing it is not too rich. To make the filling, mix a teaspoonful of rennet in a quart of new milk, heated to blood-warmth. When the curds form, drain them in a bag like ordinary pot cheese, and then beat them in a bowl as fine as you can; add four eggs, beaten with four table-spoonfuls of sugar, two heaping table-spoonfuls of creamed butter, a salt-spoonful of salt, a little nutmeg, and if you wish, a pinch of the yellow peel of an orange. Pour the mixture into a lined pie-plate, and bake the cake about the same time as a custard pie. Still another cheese-cake is flavored with almonds—a quarter of a pound of blanched almonds with one or two bitter almonds being pounded to a smooth paste and added to the butter, beaten curds and eggs.

Lemon cheese-cakes, which are sometimes baked in little individual shells and called Richmond maids of honor, are made in the same way as plain cheese cakes, except that the yellow peel and juice of a lemon is added, with half a cup more of sugar. Banbury (that town long famous in Puritan annals for seal and cakes) is said still to maintain its reputation, as far as its cakes are concerned, for a traveller speaks recently of the delicious little cakes vended at the station by boys. These are genuine fruit pies, made of currants and a little candied peel. Prepare the crust as described with a pound of butter, and after rolling it out almost as thin as possible cut it into little oval pieces with a cutter. Put in each piece a tablespoonful of currants and the same amount of sugar, with a little candied peel cut in a cup of butter, and after rolling it out almost as thin as possible cut it into little oval pieces with a cutter. Put in each piece a tablespoonful of currants and the same amount of sugar, with a little candied peel cut in a cup of butter, and after rolling it out almost as thin as possible cut it into little oval pieces with a cutter.

The Question of Diet. A large part of the practice of the physician of today consists in regulating the diet, and by this means curing the disease. It is well known that there are certain diseases that yield to no drug unless accompanied by rigid rules for the diet. This is a great change from the older times, when dietitians were largely left to the ignorant nurses of the time. Today the physician, in giving a prescription often orders a vegetarian diet, from which all meat is excluded, or a pure meat diet, according to his diagnosis of the requirements of the patient. Again, all vegetables, breads, and articles containing starch and sugar are excluded from the bill of fare, and the patient is given a printed list of those things that are permissible to eat. This is as it should be. In a case of sickness, the diet is one of the most important matters. No man can afford to decide for himself, on theory only, that he needs a vegetarian diet or make any marked change in his food without higher scientific authority than the physician. It is a thing to be grateful for that so much attention is paid by scientific medical men to the matter.

How to Wash Silk Waists. Wash silk waists do not always wash well because of ignorance of the proper way of laundering them. Add a teaspoonful of borax to some lukewarm water and enough nice white soap to make a weak lather. Rub through the hands carefully, instead of wringing, draw the silk through the slightly clasped hand. If all the dirt has not been taken out, wash again; then rinse in several waters to which have been added a pinch of borax or a half glass drop of ammonia. Do not let the silk become quite dry before ironing; then use a moderately hot iron, as a very hot one will scorch the silk.

Pruning Fruit Trees. The great object of pruning in fruit trees is to keep one branch from interfering with another—all should be allowed to have a due proportion of light and air, which is necessary to have perfectly healthy leaves. If trees have been neglected and are in a pruned number of years, it is not well to do too much one season. Although pruning is essential to good orchard culture, the vital principle of a tree is checked by a large number of branches are taken off at once. In pruning the class of sweet cherries, shortening of some of the roots is employed; that is to say, they are cut down to short stumps, the result of which is the production of a large number of sprouts, and it is from these sprouts that the best fruit is produced.—Mechan's Monthly.

THE FARM.

Novel Road Repairing Method. Mr. Jeff Van Nort, of Hamilton, Caldwell county, says of the roads in his neighborhood:

About fifteen years ago we began the improvement of the roads in this township. The farmers turned out in the fall and we all worked nearly two weeks in grading them up and bridging the little brooks and rivulets. We ploughed one another to keep them in repair voluntarily. No money was made cheap scrapers by inserting a pole into a slab, setting the slab at an angle. From that date to this the farmers along our roads have kept them up by dragging these scrapers over them. When Neighbor Jones, living at the east end of the road, has occasion to go over it, he hitches a scraper behind his wagon and drags it the distance he goes in such a way that it throws the dirt from the south side of the road to the centre, filling up ruts and bumps. Neighbor Smith, going in the opposite direction, comes along with his wagon, picks up the scraper where Neighbor Jones left it, and drags it along the north side of the road, throwing the dirt to the centre. The straw hay and other substance mix with the dirt and are pressed down in the centre, and the sun converts the mass into adobe. We have good roads as any in the county, and they are kept up in this way. No tax, no working the roads—only voluntary labor. Every man is ashamed not to do his part. I do not see why other communities cannot do what we have done.—St. Paul Pioneer Press.

A WOMAN'S RESCUE. AN INTERESTING STORY FROM PARIS STATION. Offered for six years from Nervous Headaches, Dizziness and General Debility—Physicians and Many Remedies Failed to Help Her—How Relief and Cure was at Last Found. From the Paris (Ont.) Review. So many remarkable stories are published of people who have been almost brought back to life, that the public might almost be excused if they were a trifle sceptical. So far, however, as those relating to cars brought about by the use of Dr. Williams' Pink Pills are concerned there appears to be no reason to doubt their entire truthfulness. The cases reported are carefully investigated and vouched for by newspapers that would discredit themselves were they to do so. In fact, in a case brought to the attention of the Review, the patient was a woman who had been almost brought back to life, that the public might almost be excused if they were a trifle sceptical. So far, however, as those relating to cars brought about by the use of Dr. Williams' Pink Pills are concerned there appears to be no reason to doubt their entire truthfulness. The cases reported are carefully investigated and vouched for by newspapers that would discredit themselves were they to do so.

Mustard Plasters mixed with sweet oil will not burn. It is always the rule when dough or batter takes no eggs, one heaping spoonful of baking powder goes to a pint of flour. Back sets can be put to rout by washing shelves or floors whereon they congregate with hot water in which some ammonia has been dissolved. Pumpkin or squash pie can be made as well without eggs as with. Substitute a powdered cracker for each egg, and you will scarcely know the difference. One of the most useful utensils in the kitchen is an artist's palette knife. It will scrape pots, plates and puddings, clean up hot water in which some ammonia has been dissolved. Pumpkin or squash pie can be made as well without eggs as with. Substitute a powdered cracker for each egg, and you will scarcely know the difference. One of the most useful utensils in the kitchen is an artist's palette knife. It will scrape pots, plates and puddings, clean up hot water in which some ammonia has been dissolved.

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