

THE HOUSEHOLD.

HOW TO SIMPLIFY HOUSEKEEPING.

In an address delivered at a social science meeting Mrs. Gray, of Wyandotte, Kansas, said:

"Love for the work is natural to women as a domestic instinct, and is only lost by overwork and failure to do what seems imperative duty, or by a morbid fashion, introduced by the foolish, vicious, or idle.

Love for housework may be regained often by careful thought and courageous resolution.

Men, as a rule, do not complain of their work. They go to shop, or farm, or office, cheerfully, manfully and faithfully, year after year.

They have their trials and are usually silent over them. They rarely come home and tell us that the saw was dull, and they had to stop all the machinery and sharpen it; that the ploughshare broke in the middle of the furrow, and they had to go two miles and buy a new one, or that a bore entered the office and wasted all the morning.

Everybody who comes into the world ought to be willing to do, every day, a good day's work and not shirk it.

A woman has no business to get married unless she expects to keep house, and having once accepted the position of housekeeper, if not qualified, she should at once cheerfully fit herself for it.

To misplace a kitchen fork or spoon may burn to a cinder the most carefully prepared dish. The convenient holder lost from its nail may burn the cake or ruin the pie and incense the cook. A cook-table, full of drawers, where flour, spices, rolling pins and cake-cutters, are kept, with bake-pans hanging over it, will save miles of travel and hours of time. A small shelf near the stove kept for an extra pepper and salt-dish, has saved me fifty miles of travel, I think, in ten years. Only for one day count the number of times you go from cook-table to stove, seasoning various dishes, and you will see for yourself what this means.

I can go to the pantry with a waiter, twenty by twenty-five inches in size, and with two trips lay the table for a family of five or eight persons. With the same waiter I can clear that table at three trips, and bring in dinner from the kitchen at two more.

I have counted thirty trips made for an equal meal—by women who could read and write, too.

Paste on the cover of the sewing machine the query: "Is it necessary, or really beautiful! Is it worth my time or thought?" Measure every yard of sewing by that rule. You will be surprised how many less tucks there will be, and how, almost entirely, ruffles will vanish.—*St. Paul Crocker.*

DROOPING SHOULDERS.

This is a serious evil. It compromises both appearance and vitality. A stooping figure is not only a familiar expression of weakness or old age, but is, when caused by careless habits, a direct cause of contracted chest and defective breathing. Unless you rid yourself of this crook while at school, you will probably go bent to your grave. There is one good way to cure it. Shoulder-braces will not help. One needs, not an artificial substitute, but some means to develop the muscles whose duty it is to hold the head and shoulders erect. I know of but one bull's eye shot. It is to carry a weight on the head. A sheepskin or other strong bag filled with twenty to eighty pounds of sand is a good weight. When engaged in your morning studies either before or after breakfast, put this bag of sand on your head, hold your head erect, draw your chin close to your neck, and walk slowly about the room, coming back, if you please, every minute or two to your book, or carrying the book as you walk. The muscles whose duty it is to hold your head and shoulders erect are hit, not with scattering shot, but with a rifle-ball. The bones of the spine and the inter-vertebral substance will soon accommodate themselves to the new attitude. One year of daily practice with the bag, half an hour morning and evening, will give you a noble carriage, without interfering a moment with your studies.

It would be very difficult to put into a paragraph more important instruction than this. Your respiration, voice, and strength

of spine, to say nothing of your appearance, will find a new departure in this cure of drooping shoulders.—*Selected.*

CHOICE DELICACIES FOR INVALIDS.

APPLE SNOW.—Peel, core and quarter (or slice) some tart, juicy apples, and stew them in a little water until soft. Sweeten to taste, and turn them into a deep glass dish. Make a soft custard, with one quart of milk and six eggs (reserving the whites of three), sweeten to taste, and flavor with lemon extract. When this is cold, pour it over the apple; whip up the whites of the eggs to a stiff froth, add three tablespoonfuls of sugar, and heap lightly on the top of the custard.

SNOWBALL CUSTARD.—Add the whites of three eggs, well beaten, to one pint of boiling milk, dipping them into the milk in tablespoonfuls. As they rise turn them, and when done, put them into a pudding dish; then put the beaten yolks, sweetened to taste, into the milk, stir until it thickens, remove from the fire, and flavor with lemon. Turn this custard into a glass dish, and lay the whites on the top. It is delicious.

SAGO PUDDING.—Add one cup of sago to three pints of warm water, sweeten with one cup of sugar; cook slowly, and, when done, flavor with vanilla, and turn into cups or molds. Serve cold, with cream.

RICE CREAM.—Let one quarter of a cup of rice soak in one and a half cups of warm water until it swells; then cook until soft. Take one pint of rich, creamy milk, heat it to boiling point, then add the yolks of three eggs, well-beaten, with four tablespoonfuls of sugar; stir until it thickens; turn into a dish, and frost with the whites of the eggs, beaten to a stiff froth, sweetened and flavored. Brown in the oven.

DROPPED EGGS ON TOAST.—Have ready a dish of hot water, well-salted; break the eggs into a saucer, and slide into the water, one at a time. Dip the hot water with a spoon over the top of the egg. When done, take it up with a skimmer, and lay on buttered toast, dust a little salt and pepper over it, and butter as desired. Soft boiled eggs for invalids should be put in a dish of boiling water, and set on the back part of the stove, where the water will only simmer. They will cook evenly, and be soft and jelly-like.

BEEF JELLY.—Cut a pound of lean beef in small pieces, and put into a porcelain kettle with a pint of cold water; let it stand half an hour, and then put it over the fire where it will heat gradually. After it gets boiling hot, skim and put it where it will simmer slowly for half an hour. While it is cooking, put a third of a box of gelatine into a bowl with two tablespoonfuls of cold water and let it dissolve. Salt the broth to taste, and strain it while boiling hot over the dissolved gelatine; stir until clear; then strain it into cups or molds, and put away to cool; keep on ice. Mutton or chicken broth may be prepared in this way. Do not be afraid you have used too little gelatine, for it seldom hardens in less than six or eight hours, and even longer. This is very nice and nutritious for an invalid.

BEEF TEA.—Cut lean beef into small pieces, and put into a jar, covering closely. Set the jar in a kettle of cold water, bring gradually to a boil, and continue until all the juice is extracted from the meat. This will require several hours. Season to taste.—*The Cottage Hearth.*

SENSIBLE SUGGESTIONS.

Have plenty of flowers upon your table, but mass them low.

A handsome sofa-pillow cover is made of crimson tartan, with a large half circle of embroidery in a lighter shade of crimson upon the upper side.

Set the table neatly for home folks as well as for company. It is just as easy to set a dish down in its proper place as to throw it down anywhere and anyhow.

Do not call the family to a meal until you are sure everything will be on the table by the time they are seated. The confusion that results from sending for or going for what is wanting is demoralizing to table manners, especially of the young.

Pretty table mats are made of a kind of momie cloth which is quite heavy and is figured; that with a white ground and with pink rose-buds is particularly suitable. The mats should be of various sizes, and oblong,

not round, and the edges are finished with white cotton fringe.

The value of crushed ice as a dressing for burns and scalds, first pointed out by Sir James Earle, is confirmed by Dr. Richardson. The ice, after being reduced by crushing or scraping, to a fine state of division as dry as possible, is mixed with fresh lard into a paste, which is placed in a thin cambric bag, and laid upon the burn. This is said to banish all pain until the mixture has so far melted that a fresh dressing is necessary.

FLESH EATING.

To revert once more to the question of flesh-eating, it should be remarked that it appears to be by no means a natural taste with the young. Few children like that part of the meal which consists of meat, but prefer the pudding, the fruit, the vegetables, if well dressed, which unhappily is not often the case. Many children manifest great repugnance to meat at first, and are coaxed and even scolded by anxious mothers until the habit of eating it is acquired. Adopting the insular creed, which regards beef and mutton as necessary to health and strength, the mother often suffers from groundless forebodings about the future of a child who rejects flesh and manifests what is regarded as an unfortunate partiality for bread and butter and pudding. Nevertheless, I am satisfied, if the children followed their own instinct in that matter, the result would be a gain in more ways than one. Certainly if meat did not appear in the nursery until the children sent for it, it would be rarely seen there, and the young ones would, as a rule, thrive better on milk and eggs, with the varied produce of the vegetable kingdom.—*Sir Henry Thompson.*

THE USE OF MEDICINE.

Since there is a special tendency in most communities to take too much medicine, and to take it recklessly, it is well not to increase that tendency. While the use and value of the drugs are not to be denied, it is claimed that no ignorant person should ever dabble with them, remembering that the more active of them are active because they are poisons, or at least modifications of poisons, and if given injudiciously when not needed, or in too large doses, the poison-element will appear. And here it is proper to refer to that absurd idea that disease is a monster, to be slain by the administration of active poisons—killed like any other monster, a tiger to be subjugated. On the contrary, disease is but the absence of ease or health, a negative rather than a positive condition, the removal of which depends mainly on co-operating with nature, whose efforts are always in the right direction, though not always effectual. All of these, in a certain sense, may be regarded as curative, though failure often results, either from the lack of sufficient physical foundation, from surrounding adverse circumstances, or from an interference on the part of those who would cure, but who, on account of ignorance or false ideas, introduce discord and false efforts. It may be that such, foolishly believing that the more critical and dangerous the case, even when much reduced in vital force, the more powerful the dose demanded, act on this principle, and give the dose that might be safe, in ordinary cases, to persons of the same age and sex, exercising no discrimination, no judgment. Such should remember that those weak in body are also weak in the stomach, as certainly unable to bear large doses as they are to perform hard labor. I have seen many an adult, to whom I would give no more than a strong boy, slightly ailing, could bear at the age of four years. And when such are dosed with no regard to their weakness, the sudden death is attributed to "heart disease" while the intelligent know that but a very small percentage of the sudden deaths are caused by organic diseases of the heart.

It is also believed that prevention is better, easier, safer, and cheaper than cure. That this may be done, it is needful to learn the laws of health and obey them.—*Dr. J. H. Hanaford.*

AGAINST MINCE PIES.—Temperance mothers, if you banish the brandy from mince pies, do go a step farther and banish the

mince pies. But lest I seem an iconoclast, who breaks the beloved image without giving an equivalent, let me recommend a pie that can be given to children as nourishing food. Let the foundation be the homely and much despised carrot, the only vegetable which supplies plenty of iron and sulphur and other organized substances needed to make rich and pure blood. Boil soft and mash through a colander. For one pie use four large spoonfuls of carrot, two eggs, a pint of rich milk and flavor with nutmeg and sugar. For crust, mix equal quantities of white corn meal and flour with a little salt, and mix with sweet cream enough to roll out like dough. Bake carefully, eat fresh, and if you are dyspeptic, you will make it again.

WHITE LINCOLN CAKE.—Whites of four eggs, one-half cup of butter, two cups of sugar, one cup of sweet milk, three cups of flour, three teaspoonfuls of baking powder. Beat butter to a cream to ensure lightness; add sugar, milk, eggs and baking powder, well sifted in flour. May be baked in sheets, large cake or patty pans.

FIG CAKE.—Whites of five eggs, two cups of sugar, one-half cup of sweet milk, one cup of butter, three cups of flour, three teaspoonfuls of baking powder, twenty-four figs. Slice figs and put in after the cake is in the basin in which it is to be baked.

PUZZLES.

ENIGMA.

In fiery caverns was my glowing birth,
The great laboratories of the earth,
Thence issuing with devastating power,
Entombing cities in a single hour;
The vineyards of bright Sicily have been
Of my o'erwhelming might too oft the dreary scene.

Yet I encircle many a fair white arm,
Or holding ink and pens give no alarm
Though none may stay my incandescent course

Till Neptune doth oppose his briny force.
Mysterious child of subterranean fires,
Strange relics I preserve of fair Italia's sires.
F. R. HAVERGAT.

TWO EASY SQUARE WORDS.

1. A part. 2. A boy's name. 3. A species of tree. 4. Concludes.
1. Trace. 2. A mineral vein. 3. A place of delight. 4. To journey.

SINGLE ACROSTIC.

The initials of the following form the name of a celebrated person.

1. A naval port of France. 2. A town in England. 3. A fruit. 4. A girl's name. 5. A river of Italy. 6. A space. 7. A flower. 8. A refreshing drink. 9. A bird.

DOUBLE ACROSTIC.

My last, an ancient city over seas,
Within its walls my first
Sends dulcet sounds abroad upon the breeze.

1. A hodge of babyhood, fastened 'neath the chin.
2. By this how many a one's been lost to sin.
3. This signifies "instead;" in French, a place.
4. Home from the fair, bring this with smiling face.
5. When we're in this, what pleasant thoughts we hide.
6. This little word, how much it may decide.

ANSWERS TO PUZZLES.

CHARADE—Lance-wood.
REBUS.—Honesty.

A CHRISTMAS MAZE.

