

narrow mouthed crock. Keep in a cellar or a cool room covered with a crock lid. A little sugar, say a quarter pound, will help to make the pickles keep, and in time it strengthens the vinegar. The mixed spices of the stores are usually good.

MUSK MELLOWS.—Take young, green, smooth-skinned musk melons, not larger than three inches in diameter, cut out a piece and remove the seeds; fill in with any small vegetables, and tie on the lid. Place the melons in brine, and afterwards drain and pickle them exactly as for cucumbers, using mustard seed a little more freely, a half teaspoonful in each melon before tying on the lid.

ONION PICKLE.—Use small onions: peel them, and place in brine for twenty-four hours; afterwards drain very dry, and pickle as for cucumbers.

CARTRIDGE.—The principle is the same; cover with salt water, restore to crispness with spiced vinegar and a trifle of alum.

RED CABBAGE.—Cut in neat, even slices, sprinkle salt on the layers and let stand over night, rinse off the salt, drain dry, and pour over spiced vinegar and cover. Remember a little alum, not too much, is necessary to make it crisp.

HIKIDON.—This is an old-fashioned favorite. Mixed vegetables of any desirable kind are cut in fine slices, and treated the same as red cabbage.

GREEN TOMATO PICKLES.—Take green tomatoes, slice evenly and finely with or without sliced onion. To one gallon allow two quarts of vinegar, well spiced with cloves, cinnamon, and ground mustard, with a half pound of sugar added.

PICKLED PEACHES.—We now come to another order of pickle, requiring entirely different treatment. The principle is the same, however, though instead of reducing with salt, heat is used. To seven pounds of peaches allow one quart of vinegar, and three or four pounds of sugar, white or brown, spiced with cinnamon and cloves, whole, if convenient, if not, the ground will do, though not so good. Bring the vinegar to a boil, adding a few peaches, when reduced a little take out and add more. When done, pour the juice over the whole.

PICKLED FRUITS.—These are made very much the same as peaches, though you may vary, if you wish, by boiling the vinegar three successive days, and pouring over the fruit. Crab apples, cherries, pears, or any tree fruit may be pickled in this way. Remember, that for vegetables use salt, vinegar, alum, and any spice, excepting cloves and cinnamon, and for fruit use a quart of vinegar to three or four pounds of sugar, with cloves and cinnamon as spices to suit the taste. AUNT HATTIE.

Our Sleeping Rooms.

LECT. HANDBATH FLEXING

A physician of note says, "we hear a great talk about malaria now-a-days, but there is more malaria to be found in most modern bedchambers than anywhere else." Persons who are moderately intelligent on other topics, appear to have small thought, or that very perverted, on the subject of hygiene in their sleeping rooms, and especially those occupied by children. The ventilation of a bedchamber cannot be too carefully attended to; and, as says Horace Mann, "seeing the atmosphere is forty miles deep all around the globe, it is a useless piece of economy to breathe it more than once." Yet nine mothers out of ten will carefully close all the windows, "for fear of colds and night air," and leave two or three children to sleep in a stifling atmosphere, and see no connection between the colds and throat troubles they have, and the vitiated air which compels them to breathe night after night. Let the morning air and sunshine into the bedroom as soon as possible after the occupants have risen, and if there is no sunshine, and it is not raining, let in the air. Do not make up beds too soon after they are vacated. You may get your house tidied sooner, but it is neither cleanly nor healthful to snugly pack up bed clothing until the exhalations of the sleepers' bodies have been removed by exposure to the air. Look carefully after the wash-stand and the vari-

ous utensils belonging thereto. The soap-dish and tooth-brush mug cannot be kept too scrupulously clean. All slops and foul water should be emptied very promptly. Wash out and sun all pitchers, glasses, and whatever vessel are used in the sleeping room. Never allow water, or stale bouquets of flowers to stand for days in the spare chamber after the departure of a guest. Towels that have been used should be promptly removed, and no soiled-clothing allowed to hang or accumulate about the room. Closets opening into a sleeping apartment are often the receptacles of soiled clothes, shoes, etc., and become fruitful sources of bad air, particularly where there are small children. After such places the housewife should look with a keen eye for objectionable articles, and remove them with an unsparing hand. I have encountered such closets, in which one might find all the odors traditionally belonging to the city of Cologne—any one of which was enough to suggest ideas of disease-germs.

Even so innocent a piece of furniture as the bureau, may by carelessness become the recipient of articles, which may taint the air of your bed chamber. Damp and soiled combs and brushes are not only unsightly and disgusting, but lying soiled and unair'd from day to day, will certainly contribute to evil air and odors, as will also greasy and highly scented hair ribbons, etc. Never lay freshly laundered clothes upon the bed; nor air the same in your bedroom, if possible to do so elsewhere. Do not hesitate to light a fire on cool mornings and evenings; and if so fortunate as to have an open fire-place, you possess a grand means of comfort and ventilation in the bedchamber.

A Corner Medicine Cabinet.

The Hanging Cabinet, shown in the engraving, can be made very ornamental. The case is of black walnut with panels of light wood. Wild roses are painted on one panel, and rushes on the other. There are three shelves to hold vials. Below is a drawer for court plaster, pieces of linen, string, etc. A lambrequin of velvet, embroidered and



A MEDICINE CABINET.

edged with fringe, gives a handsome finish to the cabinet, while the top can be used as a shelf for a vase or other ornamental object. The lamp may be there during the day. Much time and suffering may be saved if a medicine cabinet is close at hand, well stocked with standard remedies and such other things, as are important in cases of illness. Label every bottle or package plainly, and keep nothing of a poisonous nature among household remedies.

Shoe-Case and Bag for Soiled Linen.

The articles as seen in the engravings may be of almost any material, cotton or calico being preferred, as they shed the dust. To make the shoe-case shown in figure 1, take a piece of the

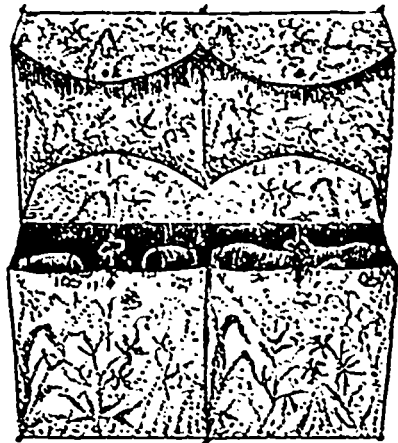


Fig. 1—A SHOE CASE.

goods double for the back, twenty-four inches long and seventeen wide. The piece of which the pockets are formed is thirty-three inches long, and ten inches wide, also made double. Cut two pieces four and a half inches from the left edge, which make a place for the pasteboard. Cut the pasteboard eight by ten inches, and slip it in place; plait the pieces which are left at each side to fit the back, and baste on the pockets. The flaps are made the width of the back, and seven and a half inches deep. Bind them with braid and baste in place, afterwards bind it all round with braid, and sew pieces on each pocket by which to tie it up. The bag for soiled linen (Fig. 2), is made of two straight pieces sewed together all round, stitching it twice across the top. Cut a slit in the front, and bind it with braid. Hang the bag with braid.



Fig. 2—A CLOTHING BAG.

Have More Salads—Their Healthfulness.

Probably no people use so few salads as the Americans. Here Lettuce is by a large majority regarded as the one plant to be used as a salad, and this is most frequently dressed with sugar and vinegar. The primary reason why we should use more salads, is their healthfulness. Salads upon long voyages and soldiers on service on the frontier, subsist largely upon salted meats, and are afflicted with that most distressing disease—scurvy. A supply of fresh vegetables at once effects a cure. The antiseptic (against scurvy) action of vegetables is well established, and is supposed to be due to the saline matters they contain. In cooking vegetables, a large share of these saline constituents are removed, which is supposed to account for the fact, that raw vegetables are more effective than cooked in the cure of scurvy. In the early days of California mining, scurvy was a common disease, and the miners gladly paid a dollar a piece for potatoes, which they sliced in vinegar and ate raw. Farmer's families, especially those who live a long distance from markets, of necessity live largely upon salted meats. This diet produces incipient scurvy, as is often manifested in defective teeth, bad breath, and a redness of skin, accompanied by an insatiable desire for pickles and acids generally. Have more salads.

