

## HOUSEHOLD.

## Give the Children an Allowance.

(By Adelia Cobb, in 'Christian Work'.)

'I can't afford it,' urges the parent in moderate circumstances; yet observation teaches that the average father, even among day laborers, gives his little one not less than ten or twenty cents a month for candy and like trifles. The trouble is that because we give irregularly and often in response to the child's teasing, keeping no account of the same, nor does the child thus treated come to have any right sense of proportion in expenditures—a lesson which the parent should feel in duty bound to impress upon the child while yet under the home roof, and not leave him, out of a bitter experience in later years, to philosophize as did Mr. Micawber: 'Annual income, twenty pounds; annual expenditure, nineteen ought and six; result, happiness. Annual income, twenty pounds; annual expenditure twenty pounds ought and six; result misery.' Nor, is there any difficulty in educating the child along this line, provided a little thought and care is exercised. The writer has in mind a little daughter whose father began when she was six years old to give her an allowance of fifty cents a month, and at the same time gave her a little account book, instructing her to enter on the left side all money expended. On the first of each month he balanced the account for her. The little book, with its crooked and often misspelled words, and with an occasional omission which necessitated the entry 'lost,' presented by no means a perfect specimen of the bookkeeper's art, but gradually she improved, until at the age of eight she needed no assistance in her childish account, though she regularly brought her book to her father on the first of each month for his inspection. From the first she was instructed that she ought to save something—how much was left to herself—and that one-tenth must be given to the church. So well did she carry this out that she never failed of the monthly tenth, and having once saved enough to make a bank deposit, she took pride in adding to it.

Up to this time she had been required to buy nothing for her own needs, but when ten years old her allowance was increased to one dollar, and she was told that she must buy out of it her own hair ribbons and gloves.

This was done because she was inclined to carelessness and extravagance in regard to these articles.

In particular had she teased for kid gloves, which her mother had thought unnecessary for a child of her age, but with the privilege of buying her own she had the choice of kid if she wanted to pay for them, and thus she learned the value of money.

It will be urged by many parents that they have no time for attending to such trifles, but is it a small matter that a child be taught a rightful economy? Experience is worth far more than either precept or example, and the parent has no right to deprive a child of all share in the home economy and then expect him to wisely administer his own affairs upon leaving home.

Not long since the mother of four little children in poor circumstances excused herself from attending church because she couldn't afford to contribute to the support of the minister, nor, she urged, could her children take their pennies regularly to the Sunday-school like other children, and that was one reason why they didn't attend; yet to the writer's knowledge those same children spent from fifty cents to a dollar a month at a near-by confectionery store.

The above instance is by no means rare. Many a parent, careless as to the dimes and nickles, pleads poverty as an excuse for non-support of the Gospel, whereas with little thought and care he will find it easy to make regular contributions and educate his children to do the same.

## Take Care of Your Eyes.

Rest is one of the important factors in treating diseased or strained eyes—rest of eyes, rest of body and mind, says 'The Journal of Hygiene.' Avoid also wind, dust and smoke. Personal habits enter into the question of causation of eye disease, and their regulation becomes, therefore, a part of the hygienic treatment. Diet is important, chiefly through its effects upon digestion and general health, which frequently have much to do with the condition of the eyes. The first offence against the eyes is reading with a poor light. This requires the ciliary muscle to do extra work to sharpen sight. It applies to dim lights, twilight, sitting too far from the light. The second offence is one of posture—stooping or lying down congests the eye, besides requiring unnatural work of the eye muscles. Reading in trains is our third offence, the motion causing such frequent changes of focus and position as to tax the muscles of accommodation, as well as the muscles of fixation. Reading without needed glasses or with badly-fitted ones is the last. Eye strain is certainly a factor in producing disease of every part of the eye. Old age is the time of retribution, for those who have sinned against their eyes. Young folks, take splendid care of your eyes, and when you are old you will reap a rich reward.—New York 'Observer.'

## Ironing Day Desserts.

(By Ray Morris.)

As we have a fire in the cook stove all the morning on ironing days we have our long-baking puddings that day. Here is my favorite:

**Indian Pudding:** Make corn meal mush just as you usually do, using say three pints of water. When it has cooked ten minutes add slowly one pint of hot sweet milk, one scant cup of molasses and a teaspoon of butter. Let it cook while you beat two eggs in a large pudding dish. Then pour on the eggs the hot mush, very slowly, stirring well, so the eggs will not curdle. When well mixed, bake in a moderate oven two hours. We like this hot with milk and with butter when cold. Sometimes we have corn pone made by this recipe:

**Corn Pone:** Three cups corn meal, 1 cup whole wheat flour, 2 cups sour milk, 1 cup sweet milk, 2-3 cup molasses, 1 teaspoon each of salt and soda. The batter should drop from the spoon, so you may need a little more meal or flour. Pour this into a well-greased, deep pudding pan set in another pan of boiling water, put in lid over the pone and bake three hours. The last half hour take off the lid and take out the pan of water and let the pone brown. The water pan must be kept filled. The pone is best hot. Eat with butter.

**Bread Custard:** Soak 1 pint of fine bread crumbs in a quart of sweet milk half an hour. Then add three well beaten eggs and two-thirds cup of sugar or sweeten to taste; flavor with nutmeg. Bake in deep pudding dish one hour, serve without sauce when cold, or nearly so.—N. E. Homestead.

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