

with just enough water to cover. Add pepper and salt to taste, and thicken with a little flour moistened with water. Cover dish with pie-crust, and bake in the oven.

"SOFT GINGER COOKIES.—One pint of molasses; half a cup of beef-dripping, and half a cup of lard; one cup of water; one and one-half teaspoonfuls of cream of tartar; half a teaspoonful of soda; one teaspoonful of ginger; flour, enough to roll as stiff as possible. Bake in a hot oven.

"STEAMED APPLE DUMPLING.—Take: Two cups of flour; two tablespoonfuls of lard; two heaping teaspoons of baking powder, and mix well together. Add water to make a soft dough. Roll quite thin. Pare four large apples, or five small ones. Cut in small pieces, as for pie. Spread over the dough, then start at one side and roll. Put in a buttered dish, set in a steamer and steam for one and a half hours. To be eaten with sauce.

"SAUCE.—Two tablespoonfuls of flour; seven tablespoonfuls sugar; two tablespoonfuls butter; a little nutmeg. Stir all together well; then pour on boiling water. Let it boil about five minutes."

A LEAF FROM DAME DURDEN'S SCRAP-BOOK.

"A Strathcona Reader" forgot to give a recipe for making the crust for her meat pie. Here is one which came directly from Glasgow, and which is excellent, as, of course, it ought to be, coming "frae the land o' heather." It may be used for meat or fruit pies, also for biscuits, by leaving the dough quite thick and cutting into cubes. The pastry is not as rich as puff pastry, but is more digestible. With six heaped tablespoonfuls of flour sift a teaspoon of baking powder. Now, rub in with finger tips, three heaped dessertspoons of butter (lard or dripping will do if a pinch of salt be added). When about like fine bread crumbs, pour in, very gradually, enough cold water, sweet milk or fresh buttermilk to make a rather soft dough, cutting it into the flour with a knife. Do not mix it with the hands—a broad knife is much better, and you will soon get used to using it. Be sure you don't pour in too much liquid, as if you add more flour your pastry is ruined. When you have just enough your ball of dough ought to turn out of your baking bowl in a lump, leaving the bowl almost clean and quite dry. Now roll out, and get into the oven as quickly as possible. The above quantities are quite enough for the top and bottom crusts of one fruit pie. For meat pie, do not roll out so thinly, and spread the whole of the dough on top. For biscuits, double, triple or quadruple the quantities, according to the number required, and leave the sheet of dough quite thick for cutting.

Now, then, I'll have to give an Irish recipe to make things square.

PADDY'S BUNDLES.

Make some dough just like the above—arrah, shure, maybe 'twas made first in ould Ireland, anyway! Who knows? Cut it in four pieces (without rolling). Have four apples prepared in this way: First cut out the cores, then peel the apples. Set an apple on each piece of dough, and, with floured hands, work the dough up all round the apple. Now, fill up the hole where the core was with sugar, a bit of butter and a couple of cloves. Work the dough right over to cover the hole. Brush over with sweet milk, and bake on a greased pan. Serve as pudding, with cream and sugar. These are delicious, and look lovely.

Always remember, in making pastry to handle it as quickly as possible after the baking powder goes in, so the gas cannot get away before it goes into the oven. Also, handle just as little as possible. Much rolling or kneading is ruin to pastry, which must not be treated in any way like bread.

DAME DURDEN.

"Farmer's Advocate" office, London, Ont.

HEALTH IN THE HOME.

By a Trained Nurse

The Care of Helpless Patients.

Unless great care is taken to prevent it, a patient lying in bed for several weeks is liable to become very sore. It is quite easy, however, by taking proper precautions, to prevent bed sores, except under certain unusual conditions, or when a very thin or very heavy person is confined to bed for a long time. They are caused by pressure upon a part, retarding circulation, and will disappear when the pressure is removed, but the pressure cannot be removed for long at a time while the patient remains in bed. A patient lying upon his back most of the time will find it very painful. Lying upon his side, the hips and shoulders become red and sore, and if nothing is done for this, there will soon be a slight breaking of the skin, which will rapidly extend and ulcerate. Whoever is attending to a sick person should rigidly observe the following rules: First, to keep the under sheet absolutely straight, smooth and dry. Secondly, to keep the circulation up and the skin in good condition, by bathing and rubbing. Thirdly, to see that the patient's position is frequently changed.

THE BED IS THE FIRST CONSIDERATION.

A sick person who is in bed for any length of time should lie on a good hair mattress over wire springs. The bed should be soft, but firm and even all over. Feather beds are the worst possible things to lie on. They exclude air from the skin, and keep it moist, have no firmness, and are generally unmanageable. The mattress should be protected by a thick cotton case or cover. In winter, a thin blanket may be used next and then the sheet, all pulled tightly and smoothly over the bed, and tucked in firmly everywhere, so that there is not a wrinkle in any one of them. If they are not large enough to tuck in properly, they must be pinned with large safety pins to the mattress. Wrinkles, crumbs and inequalities in a bed amount to almost torture for the patient, whose back and hips become more sensitive from the continued pressure as time goes on. The upper bedclothing should be tucked in at the bottom, and loosely, if at all at the sides. It should consist, when possible, of a sheet and blankets, large enough to hang down a foot below the wooden or iron part of the bed on each side. These, not being tucked in, do not hamper the patient's movements, and yet they are not easily dragged out of place. If a quilt is used, it should be as an extra, when necessary. Blankets are lighter and warmer, and, hence, more desirable. If quilts have to be used, choose the lightest ones available. A rubber sheet is always more or less uncomfortable, but cannot always be avoided. When necessary, it is usually put on across the under sheet, about the middle of the bed, and covered by another sheet folded in half by bringing together the hems at top and bottom. This is called a draw-sheet, and can be changed without disarranging the rest of the bed. The sheet the patient lies on should be changed once every day, and often when necessary, one source of danger being removed by thus keeping the bed clean, smooth and dry. The rest of the bed linen is less important, though it should be changed as often as possible. It is a luxury that cannot always be achieved to have the bed changed throughout every day, but the under sheet is of real and serious importance, and that can almost always be managed.

LOCAL BATHING.

A bath should, if possible, be given

every day, between blankets, as before described, for cleanliness. If it is not possible, then the back, hips and shoulders must be washed with soap and water, well rinsed and thoroughly dried. Dry with a soft Turkish bath towel, and rub well and rather hard, but not quickly. Cover the hand with the towel, and rub with long, even strokes, outward and upward from the spine over the shoulders and hips, putting on pressure with the outward stroke, and bringing the hand back lightly. Should there be any red spots remaining after this, they must be rubbed until the redness disappears, with the bare palm of the hand (rubbing with the fingers is perfectly useless), and a little alcohol or alcohol and water. This facilitates rubbing, tends to harden the skin, and is very cooling and refreshing.

POSITION.

The patient's position should be often changed. Take advantage of the times when he wakes from sleep, or medicine has to be given, to turn him over, and rub the places he has been lying on. This can be done without disturbing him or keeping him awake—it is usually a great relief and rest to have it done. The patient need not be uncovered, but the night garment must be loose, so that the shoulder can be rubbed underneath it, and it must be pulled straight and smooth under the body when the rubbing is finished. These items often make all the difference between a restless night and a refreshing sleep. It is a good plan, when making ready for the night, to rub the patient all over with alcohol, not rubbing it quite dry. Alcohol evaporates rapidly, and thus takes care of itself. If the bed happens to get a little on it, it does not matter, and the evaporation of the alcohol imparts a very clean and refreshing feeling to the skin, and, in addition, a glass of hot milk or hot milk and water last thing will sometimes induce sleep.

A. G. OWEN.

For Tired, Nervous Women.

It was Josh Billings who said that working between meals was what was killing some people. This of course was what he would have called "sarkastical," but it is certain that the habit of eating indigestible things and never stopping to take a rest between meals works much harm to the home woman. She may not have much appetite for breakfast, especially if she has prepared it herself, and in an hour or two she is faint.

A little nerve-destroying fiend dwells in the teapot which is always upon the stove. Its contents may give fictitious strength, but they steadily wear out the nerves and sap the vitality.

A good freshly brewed cup of tea is a luxury, and it is not to be despised, not is moderate tea-drinking at the proper time to be condemned, but the pot which stands upon the stove continually brews a poison that plays havoc with a woman's nerves. A cup of hot milk is almost as stimulating as tea, without any of the deleterious effects of the latter, and where a between-meal pick-me-up is necessary, it will be found very comforting to a weak, tired stomach. Where milk is not available or is not liked, some patented food preparation or a cup of bouillon will answer the purpose as well if not better.

Another good thing I have found is a piece of dry bread or cracker, over which hot beef tea has been poured. It is not necessary to have the beef extract; a very good substitute can be made from bits of meat from which the fat has been removed—bits of steak, chops, roast beef or lamb; it does not matter, if they are free from fat. These can be stewed a long time with a bit of onion or parsley for flavor. When strained

and seasoned this makes a strengthening and palatable liquid, costing nothing but a few moments' work. I have found this an excellent thing for children as well.

Most women have the traditional idea of self-sacrifice so ingrained in their beings that it is almost impossible to induce them to do anything for themselves. They seem to feel it a sin for them to be comfortable.

A tired, jaded woman needs to help herself in every way that is comforting and restful, and she should feel it her duty to do so. Her physical if not moral salvation depends upon this, and there is no one to work it out for her but herself.

There is no one in the household that can take the place of wife and mother, no one who can enter entirely into her thoughts and feelings. She must constitute herself her own censor and arbitrator, and she cannot do this justly to herself and others unless her nerves are strong and her temper under control. She is queen of the realm of home and is responsible for its government, and to fill this place with its hard work and inevitable cares, she must put on the whole armour of strength in body and mind.

Almost all women like pets, and the care of them is a pleasure. A bird, a cat, a dog, or even a few potted plants, any or all of these give her something to think about besides herself and her worries.

A woman who constantly and persistently does the very best she can with the means given her, who tries to make home what it should be, earns the right and title to something for herself which cannot be bought with money, and is without price, and that is the possession of herself and an unmortgaged bit of time every day.—[Mary Sargent Hopkins, in *The Ladies' World*.]

Fashion Notes.

Never have the shadings of ostrich feathers been so exquisite as at present. They are a most serviceable trimming for hats, as they may easily be renovated. This season they are a great deal worn.

Raspberry is one of the newest colors, chamois another. Seal skin brown and also mignonette green are shown among the new shades, and are exceedingly pretty.

Laces of all descriptions will be used lavishly, though the newest shown at the present time are very fine and filmy. Embroidery is a popular trimming, and so is fringe.

The shirtwaist will be more popular than ever the coming season. A pretty suit recently seen was made of brown Scotch tweed. The waist had two wide tucks or plaits on each side, the edge of which was piped with red velvet. There was a box plait in front, and upon it were crocheted rings, sewn close together. The rings were made of silk thread, the same shade of the velvet piping, and about the size of a quarter or larger. They could easily be made by first making a ring of padding or cord, and crocheting over very closely to resemble buttonhole stitch. The back of the waist was plain, having a few gathers at the waist line.

The sleeve was the regular shirt-waist pattern, small at the top, with three tucks, about half an inch wide, running from the shoulder to the elbow. The bottom was quite wide, and was gathered in and finished with a neat little cuff, piped with red velvet.

The skirt was made quite plain, in walking or instep length. A row of stitching down each side of the seams, and several rows around the bottom at regular intervals were sufficient to take away the severely plain effect, and gave it a very neat and trim appearance.

An exceedingly serviceable and desirable coat for those who have much driving or walking to do in all kinds of weather, is the long, loose rain or dust coat. Made of rainproof serge, cheviot, tweed or frieze, it will repel