

## THE HOUSEHOLD.

## EASY DISCIPLINE FOR CHILDREN.

As a people we are inclined to make work out of play. In *Good Housekeeping* Clarissa Potter has something to say about "making play of work." She says:

"Did you ever hit on this way to get a cluttered sitting-room put to rights by the very little folks who have brought about in it chaos itself? The children think it great fun to overturn chairs and hang rugs on them for tent doors; to strew the carpet with playthings and snippings of paper; to drop books, picture cards, building blocks, and dolly and her wardrobe, just where the newest tack of their latest play left them; but it is not always fun, either for you or them, to get all this litter and clutter picked up and cleared away.

"Of late we have made a little game of such work by giving each child so many breadths of the carpet, and all that might be upon them, to put in perfect order. There are five breadths in our sitting-room carpet, and at such a 'corner' in the disorderly state of the room, I give two breadths—not consecutive lengths—to each of the two older children, and the fifth breadth to the little three-years old, choosing for her the strip of carpet that has the least litter upon it. When little children have keen interest in such work, it is surprising how swiftly and deftly they will straighten rugs, fold papers, pick up shreds and litter, and pack away playthings.

"From end to end of their carpet breadths our small people go—setting back chairs, making neat piles of the scattered books and papers that clutter the tables and shelves, winding the straggling threads in mamma's spool and yarn baskets if they chance to be on their territory, winging the hearth, and patting up, plump and smooth chair and lounge pillows, till even mamma's sharp eyes cannot see a ravelling to pick or one more paper to fold. She can quietly go on with her sewing or mending all through a long afternoon while her room is alternately being put in, and then put out of order, only she must be wise enough to plan that the former comes last on the programme before their supper or bed-time hour comes.

"The children are so quick to notice and herald each other's oversights and any slovenliness in this play-work of clearing sections of the room, that I have little need to call their attention to any article or scrap left out of place. Even the baby will trot across the room to reprovingly point to a wrinkled rug or an overlooked toy on a strip of her little sister's territory, and gravely say: 'See there!' If a chair or table, with its tumbled heap of books or papers, stands on two carpet breadths, the exacting little landholders require each other to put to rights just such a part as stands on their division of territory, and the chair, basket, or stand, I have seen the little tots good naturedly lug away together."

With a little ingenuity children can soon be taught to "pick up" their toys, and to put back the articles they have displaced.

## THE CHAMBER OF PEACE.

This pretty phrase always brings to mind the thought of the Pilgrim's Progress and the blessed chamber in which the Pilgrim rested from the fatigues of his journey. The thought of it was brought to mind long ago by a friend's random remark.

She had moved into a new home, which possessed greater capacity and ampler rooms than her former one. Always hospitable, she decided in the new house to have one room set apart for friends who needed a few days' rest; not merely for invited kindred and guests but for those to whom it would be a real boon to tarry a little while beneath her pleasant roof. So, one by one, these friends come, arriving with shawl-strap or satchel, and remaining now over a Sabbath-day, or staying for a week, if it suited their convenience. Now it is a toiling Bible reader, going from house to house among the poor, now a lay sister whose self-elected work for Christ is in the hospital which gathers little children into its loving shelter. Again, it is an elderly lady, over whose spirit in her declining years has come the restlessness which makes her weary of the home monotony and eager as a child for a little break or change. Whoever comes is ushered into the Chamber of

Peace and treated as an angel, with the most winsome, cordial and beautiful grace of affection. Made at home, but not made to feel that she is giving any trouble, my friend's Chamber of Peace is to many a wayfarer an anteroom of heaven.

The suggestion is worth passing on. Often we sigh because we have so few opportunities of doing anything worth much for the Master. But are we availing ourselves of the little opportunities right in our path?—*Christian Intelligencer*.

## HOME EDUCATION.

Young mothers who now read the *Herald of Health* are for the greater part what is known as well educated, in comparison with their mothers. Nearly all have "graduated," "been finished," or in some way have signified to their friends and admirers that school study was at an end. The courses of study may have differed somewhat, but the greater number of girls have "been through" the various steps of mathematics, perhaps as far as trigonometry; have studied rhetoric, perhaps logic, several languages, dead and living, music and drawing. How many of them make use of these advantages practically? I believe that, though they run through the transparent mind of a thoughtless girl like gravy soup through a strainer, the strong flavor remains, to attest that something has been there. But that is not the question at present. May not a much greater percentage of our bright and thoughtful girls make practical use of their various acquirements in their own families, imparting them to their own children? It is nothing to the disadvantage of schools, to say that the mother-teaching is far superior to every system. The advantage to both teacher and taught is immeasurable. The deeper acquaintance and different view of the child which may be gained by the mother, may make possible avoidance of grave errors in after-training. The added respect for the parent's superior knowledge remains, like other first impressions, when contact with the world has tarnished the brightness of every attainment in knowledge. Home teaching in manners, morals, and school knowledge, is the foundation of good, faithful, intelligent lives. It is poor economy to begrudge the time, and put it into "care about many things" of less importance. Particularly is it a great waste to let go to grass and weeds the field of one's own mind, which has taken so many years to cultivate.—*Herald of Health*.

## CAKE MAKING.

On visiting a friend once whose table held some of the most delicious cake, I ventured to inquire how it was made.

"Oh," she said, laughing, "I take a grab of this and a grab of that."

I did not doubt the truth of her statement, yet at the same time I know it must take a world of experience to put materials together by guess work and have them come out from the oven in such a delicate, appetizing form. To be sure if one has access to a jar of cream, it is not very difficult for an experienced person to make a nice molasses or sugar cream cake by simple guess work, but for one who has not this luxury at hand, I consider it an unusual accomplishment to put materials together in a satisfactory manner without a receipt.

This lady had kept house many years, (doing her own work) and entertained a great deal of company, and consequently had the benefit of very much practice. She seemed to me a model housekeeper in every way, though to be sure she had only herself and husband, and no children to care for. Let a friend call for her to go shopping she seemed always ready, and also ready to invite that friend to dinner on their return. If an excuse should be offered in reply that it might cause her too much trouble, she would say, "Oh, no, I have my dinner planned, and it will take me only twenty minutes to get it," and certainly a most tempting dinner would be on the table in very nearly that time. The secret of this was, she always prepared her vegetables in the morning immediately after doing up the work, and having everything else ready, the cooking of each took very little time. Of course to get a dinner in that time we could not expect roast meats unless they were cold, but in their place something either broiled or fried. She had the happy faculty of making every step count, a most important

part of housekeeping, as every one who has had experience in that line very well knows; indeed I think this one of the greatest secrets of success.

Now for the benefit of amateur housekeepers who are not able to make delicious cake with a grab of this and a grab of that, and who at the same time wish to economize, I will refer to another woman who had invited guests to tea, and upon the table were three kinds of very nice cake. When one of the company asked for some of her receipts, she said:

"I make them all from one receipt."

She had chocolate cake, cocoanut cake and plain cake, and here is the simple receipt which answered for either layer or plain cake; and while not too expensive for everyday, is still nice enough to place upon the table for guests at any time:

Take one cup of sugar, one tablespoonful of butter, one-third or two-thirds of a cup of sweet milk, two teaspoons of baking powder, one and one-half cups of flour, and one egg. Sift the baking powder with the flour, flavor to taste.

As very much depends on the baking, be sure and not bake too fast at first. It is a good plan to set a dish of water in the oven at the same time you put the cake in, which prevents browning too much, and gives the crust a much better appearance.—*Christian at Work*.

## UNCLE JOHN'S PUDDING.

No one ever complains. No one ever says, "How I wish we had something good to eat." But yesterday one said, "What a delicious rice pudding you used to make and send Uncle John on his birthdays, and how glad the dear old man was. And we were always treated to the same, that was the best of it."

The hint was so modest and given in such a pretty way that it wasn't fault-finding nor complaining at all. So to-day we made one for dinner after the fashion of the 'Uncle John kind,' and the surprise and pleasure manifested more than paid us for all the extra trouble, made this way: Three pints of new unskimmed milk, two eggs, good pinch of salt, teacup of raisins, two teacups of rice that had been cooked in the steamer, and sugar to make it sweet enough to the taste. The custard was made first and then the rice was stirred in. Made in a large brown earthen bowl and baked in it. Just before it went into the oven we dropped over the top a few lumps of butter. Baked three-fourths of an hour. When taken out we stirred it with a silver fork. This brought up the raisins that settled to the bottom, and mixed in the butter on top. Good either hot or cold. When taken out in dessert dishes we grate a flavoring of nutmeg over it.—*Rosella Rice*.

## A WORD TO MOTHERS.

One Sunday evening I was staying at home with a little maiden of some six or seven years, and as we sat cosily over the fire, I began to tell her some of the Old Testament stories; then I talked about Jesus, and, looking into her fair little face, I said, "Mamma tells you about Him, does she not, darling?" She answered quickly, "No, she has no time to tell me."

I thought of other busy mothers, and wondered if they too had "no time" to tell of Jesus. Dear, busy mothers! do the little garments take so much making, and the little mouths so much feeding, that you have "no time" to let the children nestle round you and tell them about Jesus? Talk to them while they are young—make time to do it. Then, when they grow older, there will not be that painful reserve between you and your grown-up sons and daughters in everything touching their spiritual life; but, better still, I believe you will have the joy of leading your little children to the Saviour.—*A. E. M.*

MILK vs. TEA.—Wherever milk is used plentifully there the children grow into robust men and women. Wherever its place is usurped by tea we have degeneracy swift and certain. Dr. Ferguson, a factory surgeon, who has devoted a large share of attention to this subject, has ascertained, from careful measurements of numerous factory children, that, between thirteen and fourteen years of age, they grow nearly four times as fast on milk for breakfast and

supper as on tea and coffee—a fact which shows the benefits of proper diet. No diet is so suitable for growing children as well-cooked oatmeal porridge and milk, long the staple food in Scotch families, but now, in many instances, abandoned for diet very much inferior. Owing to its easy digestibility, it is of equal benefit to invalids, and more especially dyspeptics, who often regain health and pick up flesh at a wonderfully rapid rate on milk, or milk and good bread.—*Chambers's Journal*.

BURN THE GARBAGE.—It takes about six hours each night to reduce to ashes the garbage gathered from the streets of Montreal. This wise disposition of a most fruitful cause of disease commends itself thoroughly to the authorities of every populous city. The plan of dumping the stuff at sea is a relic of barbarism which should long ago have disappeared. For years it has lessened the attractions of bathing on the Long Island coast, and if the truth were known, has been the means of ending many a useful career. The Montreal authorities appear to have adopted the burning system with the view of lessening the cases of typhoid fever in their city. In September last the Montreal hospital was full of fever patients, and the typhoid cases represented sixty-two percent of the whole. It is said that in New York fully 20,000 families burn their garbage.—*Herald of Health*.

USEFUL RAGS.—A little box tacked upon the wall in some inconspicuous place near the kitchen stove, and filled with bits of clean cloths, will often be found a convenience. When one wants to scour a chance spot off of some kitchen utensil after the scouring board has been put away, a little rag dampened and dipped into ashes will often do quite as well. And then that disagreeable ring of grease inside the dish pan can be cleaned away without contact with the hands by using a tiny bit of cloth. Little spots upon the floor or table, that come while preparing or cooking food, could be quickly removed without wetting a large cleaning cloth which must be washed out and dried after use. In fact, small scraps may often be put to better use than when sold to the rag-man.

VEGETARIAN SOUP.—The following is the recipe of the soup used in the "vegetarian penny dinners" established at Gateshead-upon-Tyne last winter. To make one gallon: Take half a pound of whole wheat and half a pound of lentils, and boil furiously for two hours. Then add one pound of potatoes (mashed), one pound of mixed vegetables—e.g., turnips, parsnips, carrots, onions, etc.—and half a pound of mixed fruit (apples, plums, etc.) The potatoes should be first boiled in their skins and then mashed; the vegetables and fruit should be chopped small or grated. Boil for another hour and stir well. Flavor to taste with butter, sweet herbs, and spices.—*A. F. Hills, in Sanitary Record*.

HEARTH RUG.—A neat and useful gift easily made. Take a coffee-sack and pull every fourth thread each way—making small squares resembling Java canvas. When done, line it with a piece of the same and put it in a frame to hold it straight. Cut rags as for carpet and fill in each square with the stitch used in working Java canvas. Work a wide bright border and bind with red.

## PUZZLES.

My first is to injure.  
My second is a line.  
My third is plump.  
My whole is a vegetable very rich and sweet.

PREVIX LETTERS.

1. What letter prefixed to petition will make it hard work?
2. What letter prefixed to a boy will clothe him?
3. What letter prefixed to an insect will bring it to need?
4. What letter prefixed to a part of the body will take away the cold?

A man who wished to carry a fox, a goose, and a peck of corn over a river, but could take only one at a time. If he took the corn the fox would eat the goose; if he took the fox, the goose would eat the corn, how could he get them all across.

ANSWERS TO PUZZLES IN LAST NUMBER.

CHARACTER HINTS.—1. Wolsey, Richelieu, Mazarin. 2. Martin Luther. 3. Shakespeare. MISSING MOUNTAINS.—1. Pyrenees. 2. Apennines.