

## HOUSEHOLD.

### Chloride of Lime.

It is doubtful if the true sanitary value of chloride of lime is known or appreciated by the majority of housekeepers. There are a few things a practical housekeeper cannot afford to be without—chloride of lime, borax, household ammonia, and a good soap powder for scrubbing. It has been our practice for years when cleaning house to sprinkle all the floors with the chloride of lime in solution (a whisk-broom used) before the carpets are again laid. It sweetens everything—closets, and chests, and the house generally—but must not be allowed to touch fabrics or they will be badly spotted. A large bottle of the solution kept in bedrooms to rinse out the china every morning will keep it nice and sweet-smelling. It is a good plan to utilize empty vases for disinfectant jars. In sick apartments chloride of lime has no equal. Half a pound of the powder to a gallon of soft water is the correct proportion for these and similar uses. For sick rooms place it about in open bowls. We also use it to sweeten butter jars, and fruit cans that have been used for pickles. For those who live in the country there is no better agent for cleansing unpleasant out-buildings or portions of the stable than chloride of lime. Where there are rotting timbers it may be used to prevent the collection of vermin, and it may be scattered with good effect over land where fruit has been allowed to lie and to spoil. All drains and vaults are rendered more healthful and less foulsome by its use in powdered form, and bath-tubs should be cleansed with it every time after use as a precaution against infectious disease. Particularly is this necessary in a house where there are strangers to whom must be allowed the privilege of the bathroom.—'Michigan Advocate.'

### The Foot-bath and its Uses.

The foot-bath, though simple, is yet a most useful home agent in treating sickness. Its simplicity, the ease with which it can be given and its wide range of usefulness make it especially commendable. We are apt to look upon so simple a treatment as having virtue only in infrequent diseases or unimportant conditions, but this is not true of the foot-bath, as it is of great service in several cases and is of inestimable value; it can be used by any one not initiated into the intricacies of more complicated treatments.

Have you ever tried treating a cold by means of the foot-bath? If not, you will be surprised at the result. Take a thorough foot-bath, to which mustard has been added, in the very incipency of the cold. By 'thorough' it is meant that the feet shall be placed in water which will come as high up the calves of the legs as possible, and the water as hot as the feet can be placed into. Then, by continuously adding hot water, the foot-bath should be kept as hot as can be borne for twenty minutes at least. At the same time hot water should be drunk freely. The patient is now ready to go to bed and, after drying the feet thoroughly, should cover up warmly with extra clothing. Place something warm to the feet.

If there is a cough with pain in the chest a hot application may be given to the chest after the foot-bath. In many cases this treatment will suffice to break the cold. If not, repeat at least every day, possibly more frequently. Should the cold not yield to one or two treatments fasting will be advantageously added—not necessarily entire abstinence from food, but the eating of a limited amount of very simple food.

Headaches will frequently yield to a foot-bath without other treatment. Try it. If the head is hot wring a towel from cold water and wrap around the head.

Habitually cold feet are treated by the alternate hot and cold foot-baths. Persist in the treatment every night, or both

night and morning. Do not get discouraged, and results will be obtained in time unless there is some other underlying cause preventing it.

Some people suffer from difficulty in going to sleep. The brain is active, and because of the multitude of thoughts sleep will not come. A warm foot-bath may be all that is needed. A tepid foot-bath will be found very restful and quieting to the tired nerves of a busy house-wife. She will resume her work, refreshed, after the simple treatment.

### The Helpfulness of Helping.

'Oh, dear!' said an impatient mother, 'do get out from under foot.' 'But I want to help!' answered a cheery little voice.

'Help? Great help you'd be; run away and don't bother me,' replied the mother. And in a sorry tone the child said again, 'But I wanted to help!' adding, pleadingly, 'Please let me!'

'No, no, I tell you; you only bother me. Go right away.' And a little push added emphasis to the mother's words.

Years later, that mother said to a friend: 'I don't know why it is my children don't seem to care how hard I work. They seldom try to either help or save work.'

And yet cause and effect were closely allied. If she had gladly taken the offered help of the little one, and with loving patience trained the willing feet and fingers in helpfulness, she would have had a double harvest in the after years in the saving of work to herself, and, more important still, in the habit formed in her own child.

Another mother heard the same childish offer, and, looking beyond the present into the future character, replied, 'So you shall, dear.' And every day the little fingers grew more skilful. At first the dishes to be carried from dining-room to kitchen by the eager helper must be carefully selected from those least likely to break, and the carrying of the very best was a reward for a whole day without an accident.

To be sure, it was an added care to an already over-busy life, but it well repaid the labor, for as the years passed, the mother and children grew into a real partnership in both work and pleasure. The greatest reward of this mother was that her children acquired a habit of helping others, and by it were themselves made unselfish and courteous.

'Let us see how many helps we can give to-day,' was a frequent morning remark of this mother's, and she was very watchful for an opportunity herself to help the children. 'Let me help you, dear,' as a little lad struggled into his overcoat; or, 'I'll help look,' if a book or ball had wandered away.

Talking things over together, the first mother said: 'Oh, I haven't time to wait on the children; let them look out for themselves, and not expect to be waited on.' To which the second mother made answer: 'Don't you think they learn to be selfish that way? I do things for my children, and expect them to do for me and others.'

'But it's too much trouble,' said the first mother.

'Better take your trouble now than by-and-by,' replied the other. And the years proved her wisdom.

'Your children seem so glad to help you,' said a friend. 'I have to drive mine, to get any help at all.'

The other side of the story came through the window where the mothers were sitting. Their children were at play outside. Evidently some plans were under discussion, and one mother's boy said: 'You ask my mother, and I'll ask yours, and maybe they'll let us go.'

The other mother's boy replied, 'Why don't we each ask our own?'

'My mother'll say, "Yes" to you quicker'n she will to me,' replied the first of the speakers.

'My mother wouldn't,' half indignantly replied the other. 'She says she would do more for her own boy than for any boy on earth.'

And the mothers looked at each other.—

Emma Graves Dietrick, in 'Christian Work.'

### See and Tell.

Just as much as a home needs fresh air and sunshine to make it cheerful and healthful, does it need fresh thoughts and bright conversation to make its family life cheery and wholesome. Nearly every household has some member or members who can go out but little—the busy mother, the invalid, the aged grandparent—and these are in a great measure dependent upon the others for the atmosphere of the outside world.

Did you ever think, you young people, how much you might add to the cheer and enjoyment of the home circle by treasuring and recounting the odd, funny, pathetic, or interesting little happenings of any sort that cross your path each day? On the street, in the car, wherever you are at work or study, in what you see, or in the chat of acquaintances, these varied bits of life come to you, and if you will but form the habit of remembering them, and learn the art of telling them, your presence will sweeten and gladden the life of the home.

Such gleanings are not mere trifles. The hearty laugh, the act of heroism, the little glimpses into our lives, all have their mission, and bear many a message of hope and encouragement that the messenger does not know.—'Brethren Evangelist.'

### For Baby's Comfort the Padded Box.

During the cold weather baby will be relegated to the high chair, and his coach during his playtime, for fear of cold and drafts when sitting on the floor. And master baby does not like the change, either. He is decidedly cramped and uncomfortable in such small spaces after the summer freedom on the floor. Something roomy, in which the little one can move about, and yet be free from all the drafts of air sweeping beneath the doors, is of special comfort both to the mother and the baby, and nothing supplies this need more effectively than the padded box.

Take a large dry goods box, with sides just high enough for baby to take hold of while standing. Pad the box carefully with a brightly colored quilt, and it is ready for use either in the house on cool days or out on the sunny porch or on the lawn in warm, balmy weather.

Here baby is safe from drafts, and from straying into forbidden places. He can learn to creep, to raise himself to his feet and walk, and when tired of that exercise can have his toys and play with them in the bottom of the box, and scatter them about to his heart's content, and yet always have them within reach; and while baby is safe and happy in this attractive little home of his own, his mother may have many quiet hours.—'Evening Star.'

### Selected Recipes.

Banana Fritters.—Sift a light pint of flour, sift two or three times with one teaspoonful of cream tartar and one-half teaspoonful of soda. To this add a saltspoonful of salt, two eggs whipped very light, two tablespoonfuls of sugar and three-fourths of a cup of rich milk. Rub through the flour first a dessert spoonful of butter. Beat all to a smooth light batter. Slice bananas into four lengthwise strips, dip each slice into the batter and fry a golden brown. Sauce: Stir up to a cream half a cup of butter, one cup of sugar, a well-beaten egg, and two tablespoonfuls of fruit syrup, or flavor to taste with fresh orange or lemon juice.—'Housewife.'

Meringue Pudding.—One quart of milk, one pint of grated bread, the yolks of four eggs, the grated rind of one lemon; sweeten to taste. Bake to a custard, then take from the oven. Beat the whites of the eggs with the juice of the lemon and two tablespoonfuls of sugar. Spread on top of the pudding, and brown in the oven.