

## HOUSEHOLD.

### Cooking Affects Morals.

When a man does not get the stimulating nourishment which his nature craves, he resorts to liquor to supply the want. With this fact staring one in the face, is it not wise to teach that unflinching good food, with all the elements that stimulate and nourish the body and the brain, has its moral as well as its physical benefits? There are cases on record proving the benefits of public school cooking, where the domestic sky has been perfectly cleared of clouds simply because good food was offered, where before it had been badly cooked, and consequently did not properly nourish. In one home the substitution of a well-cooked cup of cocoa for the sloppy, herb tea which had become a component part of every morning meal, and a nice Indian cake or plate of muffins for the dry baker's loaf, began a work of reform. The father was proud of the daughter's skill as a cook; the mother, who had grown careless and shiftless and indifferent, was shamed by it. The consequence was better provision on the part of one and more care in preparation on the part of the other. The mother was by no means above turning to account some of the practical knowledge the daughter had acquired under such competent training, and she began to brush up her own knowledge which she had carelessly allowed to fall into disuse. The result is a happy home, a united family, a cheerful, contented, busy wife, and a man who puts into the family larder what formerly went to the saloon.—'Pittsburg Catholic.'

### Nursery Don'ts.

Don't hang curtains round the cot. Children need plenty of air, especially when they are sleeping.

Don't place the cot in a position where the light will fall on the child's eyes, nor in a draught.

Don't forget that children's clothing should be warm, but light.

Don't forget to remove the child to a cot with a hair mattress when it is old enough to leave the cradle.

Don't forget to air the children's bedclothes every day.

Don't allow a child to sleep with an elderly person; its rest will be less disturbed and more beneficial alone.

### Household Hints.

Ammonia painted over woodwork will deepen its color.

Don't allow grease to burn on the outside of your frying pan.

Kettles may be thoroughly cleaned by boiling potato peelings in them.

Look carefully to the drains and the kitchen sink. Use plenty of lye and sulpho-naphthal in both places.

To have a custard pie of an even, nice brown when baked, sprinkle a little sugar over the top just before putting into the oven.

Don't throw or drain vegetables in the sink. It will necessitate your calling the plumber, as pieces will get into the pipes.

To remove panes of glass lay soft soap over the putty which holds them, and after a few hours the putty, however hard, will become soft and easy to scrape away.

The colored Japanese straw mattings, which are so generally used as floor coverings, are best kept sweet and clean by washing with a solution of salt and water after the weekly sweeping.

One-fourth of an inch is the correct width for the hem on a tablecloth unless the cloth is woven with a border on four sides, when the hem should then be turned to make the distance between the border and edge the same as on the selvage edges.

It is much easier to prevent many of the odors that make the kitchen uninviting than it is to cure them. In cooking cabbage, onions, turnips and other unpleasant smelling vegetables, their scent is somewhat lessened by preparing them some time before it is time to cook them and placing them to soak in a cold, weak salt water. Three or four hours in this water will not injure the vegetables. When it is time to cook them they should be rinsed and fresh cold water poured over them when they are put over the fire. A scum will rise

as the water heats; this should be taken off; add the salt after skimming very clean, then dash in a little cold water, which will cause another scum to rise, which must be taken off at once. Cook the vegetables uncovered—to cover strengthens the odors. One advantage of using a steamer arrangement is that it has a place for carrying vapors and odors off into the stove. There will not be such a disagreeable odor during the cooking of cabbage or cauliflower if put on in cold water to which has been added a good pinch of baking soda. They must be cooked about twenty minutes after the water reaches a boil, and the saucepan should be left uncovered during the en-

### A Good Whitewash.

A good whitewash can be made by slacking half bushel of lime in warm water and enough cold water to make it thick enough to spread well. Add to the mixture half a peck of salt, and stir until dissolved. Strain through a fine sieve. This can be put on with a brush or more quickly with a spray pump if the surface is rough. A Vermorel nozzle is often used to spread whitewash, with good results.

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