

## THE HOUSEHOLD.

## ALPHABET OF HEALTH.

The Trinity Church Association of New York City distributes gratuitously among the tenement houses in the lower wards of the city a printed card containing the following hints on the preservation of health. The lines are worth preserving and certainly worth practising:

As soon as you are up, shake blankets and sheet;  
Better be without shoes than sit with wet feet;  
Children, if healthy, are active, not still;  
Damp beds and damp clothes will both make you ill;  
Eat slowly, and always chew your food well;  
Freshen the air in the house where you dwell;  
Garments must never be made to be tight;  
Houses will be healthy if airy and light;  
If you wish to be well, as you do, I've no doubt,  
Just open the windows before you go out;  
Keep your rooms always tidy and clean,  
Let dust on the furniture never be seen;  
Much illness is caused by the want of pure air,  
Now to open your windows be ever your care;  
Old rags and old rubbish should never be kept;  
People should see that their floors are well swept;  
Quick movements in children are healthy and right;  
Remember the young cannot thrive without light;  
See that the cistern is clean to the brim;  
Take care that your dress is all tidy and trim;  
Use your nose to find out if there be a bad drain,  
Very sad are the fevers that come in its train.  
Walk as much as you can without feeling fatigue;  
Nerves could walk full many a league;  
Your health is your wealth which your wisdom must keep;  
Zeal will help a good cause, and the good you will reap.

## CHOOSING BUTCHER'S MEAT.

A few suggestions on the subject of choosing butcher's meat, may not be out of place:—Good beef, when fresh, has a fine grain, and is of a vermilion color, with a slight tint of purple on the cut surface. It is firm but tender to the touch, and is so elastic that no mark is left after pressure from the finger. The fat is yellowish white, like fresh butter, and firm. Sometimes the lean is slightly veined with fat, but it must have no flavor of suet. The surface must be quite dry when cut, scarcely moistening the finger. If a clean knife be pushed up to the handle into the raw meat, the resistance will be uniform if it be fresh, but if some parts are softer than others, it has begun to decompose. When beef is lean, coarse and sinewy looking, it is old and tough. Mutton and lamb should have a fine grain; the lean should be bright and evenly tinted, and the fat perfectly white. In mutton the lean is pale red. In hanging mutton, if it be hung with the cut part up instead of down, as usual, the juices will be far better preserved. Veal should have firm white fat, and the lean have a pinkish tinge. If the barbarism of bleeding has been practised, the flesh will be quite white. Veal should be six or eight weeks old before it is killed, else it is unwholesome. Too young veal may be detected by a bluish tint. The vigilance of meat inspectors should, however, prevent the immature veal from entering the market. In choosing mutton or veal from the carcass the quality may be determined from the fat inside the thigh. If there be plenty of clear, firm fat there, the meat is good. Pork, when fresh and young, is smooth and firm and the rind is thin. The lean must be of a uniform color and the fat white and not at all streaked. Salted corn-fed pork has pinkish fat. A good test of ham is to run a knife under the bone; if it comes out clean and smells pleasantly the ham is good. In choosing fish, see that the gills are bright pink, the fins stiff, and the eyes clear and full; the scales and skin must be bright.

## CARE OF THE HAIR.

The frequent use of alkali in the water with which the head is washed has the effect of impoverishing the hair, and making it finer, thinner, less durable, and more liable to break from its root and to fall off. Coarse soaps also have the same effect of impoverishing the hair, and even the finer ones are not always desirable things to use if the hair is long and delicate in structure. Plain tepid water into which a small quantity of Eau-de-Cologne, sal volatile, or spirit of hartshorn has been poured is more suitable for the purpose. In the absence of these fluids a small quantity of spirit of wine or whiskey can be used. Although rum is often recommended, alone or to-

gether with other remedies, for the purpose of stimulating the hair-bulbs and increasing the growth of hair, yet it is not so desirable to use it when the head has simply to be cleansed. The other spirituous fluids are less "sticky." Violet powder can be used for cleansing purposes by persons with very fair hair. But it is always desirable to wash the head thoroughly once a week at least in order that scurf-skin, and especially dried-up secretions from the skin, may be thoroughly removed, the latter act as irritants to the skin's surface when they are stale, block up some of its pores, and sometime cause pimples to form. A very good cleansing fluid may be made by mixing a minute quantity of soft soap with water, adding to it some Eau-de-Cologne or simple spirit of lavender, or any other pleasant scent. After the cleansing process has been completed, a small quantity of some delicate kind of pomatum should be rubbed upon the surface of the head, unless the hair is so light in color that the use of pomatum detracts from the natural appearance of the hair; in this case the brush should be dipped into a weak mixture of Eau-de-Cologne and water and the hair should be gently brushed. Hard and coarse brushes often do a great

deal of harm by irritating the skin, and such rough appliances should never be used unless the hair is wiry and unyielding. Crimping the hair too frequently has also the effect of impoverishing it, and habitual crimping often makes the hair poor and thin after it has been practised for some months, the crimping being as injurious by interfering with the circulation of the fluids of the hair as violent brushing and tight twisting of it are. Refined marrow is of much greater use in the manufacture of pomatums than lard on account of its smoother and softer consistence. Whether the hair be long or short the same care should be taken in managing it.—Weldon's Ladies' Journal.

## HOUSE AFFAIRS.

The wise housekeeper never gets into a "stew." She aims right at the mark through every movement of her hand and by every footstep. If she has house-cleaning to attend to, she doesn't commence by tearing up every room in the house and putting the entire establishment in a chaos of confusion. But she takes one room at a time, has it cleaned and purified and put to rights again before there is any further upheaval. System is as essential in the government of the household as in that of the State. Order, promptness, punctuality, industry, and good judgment are the necessary and efficient forces in the home. To these add cheerfulness, patience, and thoughtful care for the general comfort and happiness of its members, and you will make the

## RECIPES.

**FOR CLEANING WINDOWS AND LOOKING-GLASSES** nothing is equal to ammonia water. An ounce of rock-ammonia should be dissolved in a pint of cold water, then bottle for use.

**APPLE PANCAKES.**—Put four tablespoonfuls of flour into a bowl, with a pinch of salt and a little sugar. Stir these ingredients well together, and form them into a stiff batter with three well-beaten eggs and a little milk. The batter must be stiffer than for ordinary pancakes. Peel four or five apples and chop them very small; mix them with the batter and fry in the usual way.

**PURCHASE SOAP** in large quantities and allow it to dry before using it. Almost all the soap found in the stores is freshly made, and the great waste grows out of the fact that when soft it will dissolve rapidly in water. In the course of wash-day a large part of the bar will melt away with no perceptible result, unless, indeed, an unnecessary softening and softening of the hands is taken into account.

**PINEAPPLES** should always be kept in a cold place, and used before they soften to the point of decay. In the Indies care is taken not to slice the fruit with the same knife used for cutting the rind; the reason has been given in an English medical journal that the rind contains an acrid element so powerful as to effect the

mustard to taste. Make into balls the size of the original yolks, and fill the caps. Make one cup of white sauce, with cream or milk and white stock, seasoned with salt and pepper. Pour it in the centre of the eggs. Set the platter in the oven a few minutes, and when ready to serve put a tiny bit of parsley on each ball. In place of the meat you may use, if you prefer, two tablespoonfuls of grated cheese, a speck of cayenne pepper, and moisten with vinegar and olive oil.

**MUFFINS.**—There are many nice recipes for muffins, but we have one favorite, for plain muffins, very nice when eggs are scarce, which may be new to most of our readers. Two cupfuls of flour, one cupful of milk, one-fourth teaspoonful of salt, one teaspoonful of butter, and two teaspoonfuls of baking powder mixed with the flour. Warm the butter just enough to soften it, put all the ingredients together, and mix well and rapidly. Heat and butter roll pans, and put a tablespoonful of the batter into each, and bake in a quick oven, or, as we generally cook them, butter muffin rings, and put them on a hot griddle, fill half full with the batter, cover with a pan or deep tin cover, which will not interfere with the rising of the muffins. When nicely browned at the under crust, turn carefully and quickly. They should not be covered this time, and need but a few minutes cooking. As soon as they are well browned they are done. This quantity makes a dozen muffins in good sized rings, and we find this method of cooking very convenient in the morning when one is hurried and doesn't want to wait for the oven to heat, or when the fire is "contrary" or too low to heat it, and especially convenient when the weather is too warm to keep sufficient fire to ensure a hot oven.

## PUZZLES.

## HISTORICAL MEN. WHO ARE THEY?

1. "He made just laws, that they might live more happily and freely; he turned away all partial judges, that no wrong might be done them; he was so careful of their property, and punished robbers so severely, that it was a common thing to say that . . . garlands of golden chains and jewels might have hung across the streets, and no man would have touched one."
2. "He is the living leader of a lost cause."
3. "The hero despaired and died; . . . and the mighty river became at once his glory and his grave."
4. "He spoke in the strong Northumbrian dialect of his district, and described himself as 'only the engine-wright at Kilsbyworth; that's what he was.'"

## BATCH OF TENS—ANAGRAMS.

1. Ten linger.
2. Ten scour.
3. "Ten" said C.
4. Ten rusted.
5. Ten rise.
6. Ten share.
7. Ten hire.
8. Ten paid.
9. Ten silly.
10. Ten wish.
11. Ten slide.
12. Ten creep.

## A TURRET.

My first is in some, not in all;  
My second is in climb, not in fall;  
My third is in shine, not in light;  
My fourth is in reason, not in sight;  
My fifth is in grief, not in joy;  
My sixth is in uncle, not in boy;  
My seventh is in rat, and in ferret;  
My total is a lofty turret.

## CONCEALED ARTICLES.

1. Rhubarb, oil, ergot, and other drugs are very useful.
2. Come, Mr. Wilbur, now is the time for you to say something to the point.
3. This is certainly a new feature, entirely different from what we have ever seen before.
4. Did he give you a knock? No, but he gave me a slap that was almost equal to a knock down.
5. When company comes to your house, kindly receive them, attend to them courteously, and even in small things make their visit happy.
6. There is some nice chicken salad! Let's help ourselves to some.
7. I have some money here for you; you can spend half, or keep the whole, as you would like.

## ANSWERS TO PUZZLES IN LAST NUMBER.

## CROSS WORD PUZZLE.—Prohibition.

SQUARE.— D I S H  
I D E A  
S E A L  
H A L L

## A BATCH OF TENS.—1. Nestlings; 2. entitles; 3. entrances; 4. lateness; 5. sentences; 6. stewing; 7. transient; 8. garnets; 9. sentinel; 10. entices; 11. earnest; 12. canters; 13. sentinent; 14. banters; 15. breasting; 16. entrap; 17. strained; 18. sentries; 19. cauteens.

## METAMORPHOSES.

1. Warm, ward, card, cord, cold.
2. Boy, bay, ban, man.
3. Six, sin, tin, ten.
4. Star, sour, boar, boor, boon, moon.
5. Love, hove, have, hate.
6. Black, block, clock, cick, chick, clink, chine, whine, white.
7. Head, heed, feed, seat.
8. Body, bole, bowl, foul, soul.

## BEHEADINGS.—1. Glove-love; 2. bowl-owl; 3. farm-arm; 4. brook-rook; 5. valley-alley; 6. frock-rook; 7. frill-rill; 8. cover-over; 9. thigh-high.



THE QUEEN IN 1579.