

THE HOUSEHOLD.

BREAKFAST FOR A COLD DAY.

KATHERINE ARMSTRONG.

We had roast beef for dinner yesterday, so we will have some of it "warmed up" for breakfast. Slice it very thin, cut it small, and cook it five minutes only, in some of its rich, brown gravy, left also from yesterday. It is a mistake to simmer meat of any kind in a second cooking. It makes it flat and insipid, and takes the flavor out of it, which cannot be made up by any degree of seasoning afterward. The quicker meats are "warmed up" and thoroughly heated through, the better they are. Even corned-beef hash, that homely, and oft-despised dish, is very good when cooked five minutes, but spoiled if allowed to steam its flavor away for ten.

Put on your breakfast table a few slices, neatly cut, of cold roast beef, too. It may just suit some one's taste or whim. Baked potatoes are very acceptable of a cold morning, or mashed potatoes left from yesterday's dinner may be beaten up with an egg, made into croquettes, and fried in a few moments. Or the baked potatoes left may be fried a rich brown, crisp and well seasoned, or baked or boiled potatoes may be chopped fine and stewed in milk with a little butter, salt, pepper, and a chopped sprig of parsley added. Even these plain dishes cannot be "done to a turn" without care and attention. They cannot be put over the fire and left to cook themselves. Stirring and turning makes the fried potatoes evenly brown, and keeps the stewing ones from scorching in the milk. Little things to be sure, but good cooking can only be the result of care in trifles, and the result well repays the care. It is one of the most difficult things to impress upon an inexperienced person that cooking food, of all sorts, in pan kettle or oven, needs constant watching. A few thin slices of bacon fried, may be just what some one of the family will relish, and take but a moment of extra time. Or an omelet, fresh from the fire, will be acceptable probably to many.

We can have rolls sent from the baker's and heat them through only in the oven, or a few English muffins and toast them. And home-made, warm breakfast breads make a desirable change. Corn-bread muffins, pop-overs, and the like, can all be put together in a few moments, and all help to make a cold morning's breakfast satisfactory, especially with hot coffee, the usual accompaniment. These all, too, are plain, common food, but they are what everybody can get, they are within the reach of all.—N. Y. Independent.

HAPPINESS A HABIT.

Every permanent state of mind is largely the effect of habit. Just as we can perform an action so continually that it becomes habitual, so we can encourage conditions of mind till they, too, come to be habits of thinking, and even of feeling. Every thoughtful parent or teacher recognizes this in the training of youth. The child, constantly thwarted or scolded or ridiculed he, constantly aroused within him feelings of resentment or discouragement or misery, and these grow to be habitual, and a character for ill-temper or moroseness or despondency is formed. On the other hand, the child who is wisely treated, whose faculties are brought into action, who is encouraged to do well, who is surrounded with cheerful faces and orderly arrangements, becomes accustomed to corresponding habits of thought and feeling. The exercise of self-control, of truthfulness, of honesty, and other essential qualities, not only result in habitual actions of the same nature, but in the habitual feelings or states of mind that induce those actions. So the condition which we call happiness is likewise acquired to a considerable degree. It involves within it many things, but they are not impossible to secure, and when we have discovered them it rests with us to encourage or discourage them. Happiness is not only a privilege, but a duty; not a mere outward good, that may, perhaps, come to us, but an inward possession which we are bound to attain. When we remember the contagious character of happiness, the strength, courage, and hope it excites by its very presence, and the power for good it exerts

in every direction, we cannot doubt our obligation to attain as much of it as possible.—Philadelphia Ledger.

SUGGESTIONS.

Many a young housekeeper is worried by having a boiled custard always curdle. Put the milk into a milk-boiler, and when it boils stir into a quart one teaspoonful of corn-starch, blended in a half cup of milk; thereafter stir in the eggs and sugar, and it will never curdle. Flavors should be added after the custard is removed from the fire, else much of it escapes in steam.

Gelatine in water should never be allowed to boil, only brought to the boiling point. It seems to lose some of its hardening properties if not removed quite soon enough from the fire.

A lemon pudding that is acceptable, if served very cold, is the following: Over one pint of sponge-cake crumbs pour one quart of milk. Stir in the juice and grated rind of one lemon, the yolks of three eggs, a small cup of sugar and a pinch of salt. When baked, spread the top with currant jelly, and frost with the whites. Brown in the oven, and set on the ice when cold.

A chocolate pudding.—Bring one quart of milk to the boiling point. Dissolve four spoonfuls of corn-starch, and two and a half of chocolate in a little cold milk, and stir in; add three spoonfuls of sugar and a little salt. Serve with cream, or butter and sugar stirred to a cream.

All kinds of puddings made with milk, should be made in a milk boiler—milk so easily scorches, and then it must be thrown away. One only costs from twenty-five to seventy-five cents, and saves much trouble and watching. It is a great help to housekeepers in the warm season to have cold desserts, besides being more acceptable than hot ones. They can be made in the morning, and disposed of before the heat of the day. Any dessert made of gelatine should be made the day before wanted, to have sufficient time to harden on the ice. Gelatine makes many nice and pretty desserts. Tart apples, stewed and strained, sweetened, salted, flavored, and enriched with butter, while hot, and then run into a mold with gelatine, are very nice. Use half a box of gelatine, dissolved in two cups of cold water, and stirred into one quart of the prepared apple. Serve with a boiled custard.

Sponge drops make a dainty dish to serve with the various ices. Beat to a froth three eggs and one cup of powdered sugar. Stir into this one heaping coffee-cup of flour, in which one teaspoonful of Royal baking powder has been well mixed. Flavor with one teaspoonful of Royal lemon. Butter tin sheets well with fresh butter, and drop the batter in teaspoonfuls, about three inches apart. Bake a few minutes in a quick oven. Watch closely, as they burn easily. They are delightful served with ice-cream.—N. Y. Independent.

THREE SUBSTANTIAL SOUPS.

BEEF SOUP.—For a family of five or six persons, take a piece of beef weighing from three to four pounds, with a slice of liver, which imparts a certain richness to the soup, and plenty of bones. Should marrow bones be used, extract all the marrow from them, as that will make the soup too greasy. If it is desired to eat the meat after the soup, set it on in twice as much hot water as you wish to have soup. The reason for using hot water is that the action of the heat causes the pores of the meat to close, leaving it juicier than when cold water is used. Just before the soup gets ready to boil, a thick scum will rise on the top of it; remove this carefully with a skimmer. After it has begun to boil, put in an onion, half a large carrot, a few stalks of celery, some parsley, one tomato, and a small tablespoonful of salt. Sometimes a bay leaf, and some cloves and peppercorns are added; but one should consult one's taste before using these spices. I prefer the soup without them. Time to boil, three hours.

MUTTON SOUP.—Mutton soup is an excellent soup for children, especially for those whose bowels are out of order. It should be boiled as long as beef soup and with the same vegetables; but before straining be careful to remove every particle of grease, as that will give a strong, disagreeable taste to the soup. Take half

a cupful of barley, choose neither the coarsest nor the finest, but the quality between the two; put the barley in a bowl, pour hot water on it, stir with a teaspoon and pour the water off with the particles that float to the top; repeat if necessary. Then put the barley into a larger vessel, strain some of the soup over it, cut up two potatoes, and if agreeable to taste, cut up a leek into half-inch pieces, and boil the barley an hour. The meat should be eaten with a mustard or caper sauce.

POTATO SOUP.—Here are two different ways of making potato soup: One way is to crack all the bones that are left over from roasts, etc., boil them for several hours, and then strain into another vessel. Peel the potatoes, cut them in quarters and boil them in the broth made of the bones; add a leek cut into half-inch pieces, and some celery and parsley; melt some beef drippings in a saucepan, put in two tablespoonfuls of flour, stir until free from lumps, pour into the soup and allow it to boil up again.

Another way to make the soup is to peel, wash and boil the potatoes with an onion in very little water until soft; then pass them through a colander, put in a large lump of butter, some parsley chopped fine, and pepper and salt to suit the taste; add enough milk to the potatoes to make the soup not too thick, and, if you have it, half a teaspoonful of meat extract. Boil up once and serve with croutons.—Emilia Custer, in Good Housekeeping.

EVERY-DAY MANNERS.

Children who are not taught good manners cannot be made to appear otherwise than uncouth and possibly rude when company comes to the house. Their daily home-life, and the manners of those with whom they are constantly associated, are examples they inevitably follow. Scenes like the following are sufficiently common to be recognized as truthful by the reader:

A lady makes an afternoon call upon a mother. The children, half-a-dozen in number, perhaps, surround the visitor with marked signs of interest in her personal appearance.

"It is a very pleasant day," the caller says.

"Yes, very. Mary, run and sit down; Janie, don't touch the lady's dress."

"Are your family all well?"

"Oh yes, thank you. Tommy, don't stare so at the lady."

"How do you do, little girl?" asks the caller, pleasantly.

The little girl puts her finger in her mouth.

"Can't you talk, child?" asks the mother, sharply. "Why don't you say, 'I am well, thank you?'"

"I'm very well, if you please," returns the child, with a giggle.

"There now, don't giggle. Take your finger out of your mouth. James, get off the back of the lady's chair. Run away, all of you."

"I haven't seen you out lately," the caller may say.

"No; I've been very busy. My family require all of my time. With several children one can't give much thought or interest to anything but home duties."

"Do you go to school?" asks the lady of Johnnie.

"Hey?"

"Why, John Brown! Now that's a nice way to answer the lady! Never say 'hey' to anybody. Now answer nice."

"Yes um, I go to school."

"Yes um! Say 'Yes, ma'am.' A person would think you children had never been taught how to behave."

Very naturally a person would think so.—Youth's Companion.

HYGIENE FOR HOUSEKEEPERS.

1. Every woman needs to take regular exercise in the open air every day; and that exercise should not be in the nature of work, but of recreation.

2. As a rule, housekeepers need to eat more, of simple food. If the food is simpler, less time will be needed in its preparation; and what it lacks in unwholesome richness and unnecessary variety, it will gain in nutriment and digestibility. The result will be an improvement in the health of all the family, and will injure no one but the doctor.

3. Less time ought to be given to the

routine work of housekeeping, and more to relaxation and recreation. All that "the best of wives" did not do, and for the lack of which she became an inmate of an insane asylum, the housekeeper ought to do. The woman who "always stays at home," who "never goes out of the house even on Sunday," and who is "always doing something for her family," not only will "have no ideas outside of her home," but will soon come to have none even there.

The short of the matter is, that women, if they desire good health, must not be confined so closely to the cares of the household. I know that many women will look upon this advice as absurd, and will say: "It is all very easy for you to preach, but quite another thing for us to practice. A woman's duties involve a multitude of little things, the importance of which a man never realizes until they are omitted, and then he is the first to find fault. These things must be done. I can not stop; I can not find time to take out-of-door exercise, and visit my neighbors. The work must be done, and I must do it."

Nevertheless, the fact remains, that, when serious illness comes to the mistress of the house, the wheels of the treadmill cease to revolve, at least for her. Then the work either stops entirely, or goes on under other hands and is cared for by other hands. The question is a pertinent one: Would it not be better to do less work while in health, and thus avoid the sickness? And even hired help is less expensive than medical attendance. The old maxims, "A stitch in time saves nine," and "An ounce of prevention is worth a pound of cure," are worthy of consideration in this connection.—Good Housekeeping.

PUZZLES.

WHAT AM I?

I live deep down in murky streams,
For I am fond of mud,
I'm often caught when heavy rains
Send down a sudden flood
To swell the rivers. Then my skin
To wooden falls is tied,
And binds them fast, when in some barn
The threshers' trade is piled.

Some of my race can stun their foes
And leave them lying low,
For neither ox, nor mule, nor man
Can o'er resist the blow,
In South America they live,
And sometimes travellers say
They lurk in pools, and some good horse
When crossing they will slay.

Gigantic brothers, too, I have,
Who live within the sea,
And when they're caught, the boatmen find
They're dangerous company.
Some tiny relatives I claim
Who burrow in the sand
So fast, men dig in frantic haste,
Or they escape their hand.

I'm much esteemed for making pies,
In collars, too, I'm seen
(Though neither starched nor left to dry
On any bleaching green!)
And men come out and search about
To find me, e'en at night,
They dazzle my poor wondering eyes
With torches all alight.

And spear me. If I'm caught alive
My luckless days are spent
In wooden boxes in some pond,
Where I am closely pent.
Some silly people say that hairs
If thrown into a stream
Will turn to us. Believe it not,
'Tis but some foolish dream!

To lads and lasses I should be
A very simple mystery.

(Look for a picture answer in next number.)

CONUNDRUMS.

1. Why should a certain aquatic fowl always have a mate?
2. What venomous serpents are often found in school rooms?
3. When is a decayed tooth like a sovereign?
4. Why is a capital performance like a rap from a school-teacher's ferule?
5. What fish would be likely to escape a net?

ANSWERS TO PUZZLES IN LAST NUMBER.

QUOTATION PUZZLE.—"Peace on earth, good will to men."

DOUBLE ACROSTIC.—

A-un-A
M-ca-N
E-ye-D
R-ic-H
R-os-A
Y-el-P
C-oo-P
H-ol-Y
R-ai-N
I-d-E
S-no-W
T-he-Y
M-ac-E
A-re-A
S-or-It

CROSSWORD ENIGMA.—December.

HIDDEN HOLIDAY GREETING.—"May your Christmas be happy."

TO OUR PUZZLERS.

The Messenger would like very many of its readers to send in the answers to their puzzles as they find them, and also to send in some of their own making. Let us hear from many of you soon.