

THE HOUSEHOLD.

MRS. EWING ON COOKERY.

At the National Woman's Christian Temperance Convention, held at the Metropolitan Opera house in New-York, Mrs. Emma P. Ewing, Professor of Domestic Economy in Purdue University, Indiana, spoke as follows:

"I have been trying to induce the young women to turn their attention in the direction of domestic economy for a good many years; to study the household arts, the science that underlies the household arts, and all these years since women have wanted to vote I have wanted to vote. All these years since women have wanted to close up the dram shops, I have wanted the dram shops closed up. I believe in Prohibition but I believe in something better than that, and I am here to-night to tell these young women, and to tell all the women within the sound of my voice that I know something that will put down drunkenness better than voting. . . . There is a terrible affinity between bad bread and sour mash whiskey. Food is the mightiest force of the universe. The manner of men and women we are depends in a great measure upon the food we eat. Deranged stomachs long for stimulants, and to many feet the hands of the ignorant cook paves a pathway to the saloon. All or a large portion of the 50,000 drunkards that die annually in the United States have the appetite for liquor aggravated, if not implanted by the food that constitutes their daily diet. Why? Because it has brandy in the pudding, wine in the clear soup? No, because it has oceans of alcoholic powers in the half-baked, indigestible bread. I do not mean to say it is right to put wine in the pudding or in the mince-pie, but in the unsatisfactory food we have there is an immense temptation to drink. The husband or son goes away from the family table with an unsatisfied appetite, for why should he be satisfied with the food that the American cook prepares? Who is the average cook? She is a woman just over from the other side, who cannot speak English and who does not understand the first principles of wholesome food. (Applause.) Is it any wonder that, with a deranged stomach, with an unsatisfactory breakfast, going out with a bad taste in his mouth, a man should think that perhaps a drink of beer would give him a better taste? There is where an immense temptation comes in. Why, ladies, I have been working for better food; some people think I have but one idea and that is something good to eat. (Laughter.) And when I say good, I emphasize it because good means healthful. It means good bread and meats, good coffee and good tea, if one chooses to drink it. Sloppy coffee is a tremendous temptation for lager beer. I have heard a great many heart-rending histories in the last few years, since I have been working in this missionary line of better food. One gentleman in Chicago said to me in the presence of his wife—it was supposed to be an amusing observation, but it was a sort of ghastly smile that accompanied it—'My dear, what dinners I should have if they could be crocheted.' (Long Applause.) . . . We have not such homes as we shall have in the future. Now I want to tell you one thing, and then I am done. I have often heard American women praised beyond the women of any other country. I have often heard them called the grandest women in the world, and I believe that they are. But if they are—if American women are the grandest women in the world, they are undoubtedly so because American men are the grandest men in the world. (Laughter.) Now I have often noticed this peculiar loyalty of the American husband and the American father and the American son.

"If it is possible for me to glory in my husband and my son more than I glory in my mother and my daughter, then, I must be prouder of the American husband as a general thing for this wonderful loyalty. Now I want to tell you what it is. I have known men who have lived day after day on food that was not fit for an intelligent dog to eat. (Laughter.) He would stoutly insist that it was all right, and that his wife was a splendid cook. I glory in that sort of loyalty. At the same time I think bad cookery makes thousands of drunkards, and that we shall never have better cookery

until we have schools of domestic economy connected with all our educational institutions. (Applause.) The household drudgery must be lifted up and placed upon a level with intellectual pursuits.—*Illustrated Christian Weekly.*

WOMEN AS PHYSICIANS.

Years ago there was a prejudice against women practising medicine, but that has almost totally disappeared, and capable and excellent women physicians are now graduated, and their services are in demand. Dr. Mary Jacobi, who is one of the best physicians in New York, and whose income is put as high as \$40,000 yearly, says that women physicians are making rapid strides forward. A great many women are to-day serving in the capacity of nurses who ought to be making money and fame, and, best of all, alleviating distress as physicians. They lack only the necessary collegiate training and hospital experience, and it is well worth while to put themselves to some trouble to acquire these. A woman in taking hold of the practice of medicine, or rather her preliminary education, should study her ground carefully. She can in a short time make blunders which years will not undo. She ought to decide what particular branch of practice is best suited to her tastes and to the locality which she proposes to select for her home.

It is useless for a woman to attempt a general practice, such as we see most men physicians engaged in. They are not physically able to endure it, neither is it prudent for them to be abroad at night even with an attendant. Of course, exceptional cases will arise where her services will be needed at night, but in nearly every instance she can be prepared for it, and use her own good judgment in planning for her arrangements. A man physician is not expected to consult his own pleasure as to the class of people he is called to attend, the character of disease, or anything of that kind; but with a woman it is different. She cannot tear away from the custom of her sex and still command respect. Therefore, it is best for her to select a specialty, and conduct as far as possible an office practice. The diseases of women are specially to be recommended. In this direction lie the greatest possibilities, and if women physicians were to study this branch of practice devotedly and conscientiously, and crown their work with success, the day is not far distant when the man physician would be the second choice of suffering womankind. This is but natural. The diseases of the eye, ear, and throat offer the most flattering pecuniary advantages and freedom from exposure. For the woman who has sufficient bravery and energy, who will study with her whole heart and win a diploma meritoriously, there seems to be a bright future just discernible in the distance all rosy with the prospects of success.—*Woman's Work.*

HIGH ART IN SHOPPING.

It is an easy matter for one with a well-filled purse to go shopping, but it takes genius to buy wisely and well, and it is indeed "High art," when a meagre income is made to provide things comfortable, convenient, and tasteful, for the different members of a family, after reserving a little of it for a "rainy day." The meagre incomes are common enough, but the geniuses are rare; therefore, a few hints that might help one to do shopping more economically may not be amiss.

In the first place, find out what your income is, as nearly as possible, and never go beyond it; never even use it all—life has too many contingencies. Pay for everything when purchased, if possible; if not, be sure and have a monthly, or at the farthest, a quarterly settlement of all bills. You can pay small amounts more easily, and buy to better advantage in this way. Cash customers are profitable, you know. Moreover, you will be less likely to indulge in things you cannot afford.

In the next place, provide yourself with some kind of a blank book, and in it keep an accurate, itemized account of all household expenses, with the name of the firm where purchased and date of purchase. Decide where the goods, assortment and prices suit you best, and give such an es-

tablishment your patronage. It will be but just to them, while often advantageous to yourself.

These are the preliminaries. Now when you are ready for the real business of shopping, always make out a list of things wanted, putting the absolute necessities first, and never, under any circumstances, spend a penny for anything else, until they are secured. It is cheaper to buy by the quantity, if you can possibly do it, and if you have a suitable place for storing. But, if you are trying to economize, you must not lay in a supply of things but seldom used, however cheap they may be, and thereby risk having positive needs go unsupplied.

Sometimes the best articles prove the cheapest in the end, but not always. You must be your own judge of that, and in order to judge intelligently, you must experiment a little in coffees, sugars, teas, flour and the like, noticing which lasts the longest, and suits you best in every way; then try to get the same brand always.

In adding to the wardrobe of yourself or family, or when purchasing anything for your home, consider occupation, health, habits and surroundings, and the length of time that must intervene before its place can be supplied with something new. Want of harmony and want of taste is often more apparent and more depressing than want of means.

After all, you must do your own thinking and rely on your own individuality. Your neighbor over the way can be no accurate guide for you. Unless you are willing to do all this, and more, unless you are willing to be always trying to discover what you need most, and what you can do without, as well as how to make your home and its inmates attractive and happy, you can never attain to high art in shopping.—*Housekeeper.*

DINING-ROOM HINTS.

Where only one servant is kept it is oftentimes a great convenience to have very little table-waiting done, and such arrangements of furniture and table service as do away with the necessity of keeping the servant in the room or of calling her frequently during a meal are very desirable.

A stand with shelves placed near the left of the mistress, is a very useful piece of furniture for this purpose. The soup plates are handed up to her, and by her placed on one of the shelves. If the tureen is in front of her it is also readily removed to the stand, and from these the vegetable dishes are substituted for it. The meats if brought in smoking hot and kept covered, will rarely have cooled very greatly by the time the soup is finished. Some dishes, such as entrees, are readily kept hot on the stand over a dish of hot water.

The soiled plates are as easily passed down as if a second helping only were asked for. And if the suitable substitutes are already placed before the master and mistress, no delay or hitch need occur in the dinner passing off smoothly and in perfect order, as well as if a servant were on hand, and this without the mistress jumping up every few minutes as otherwise she might have to do. The stand should be large enough to hold all the dishes without crowding, and it should be high enough to have two or three shelves. It can be on rollers, and can easily be moved from place to place when not in use. If this contrivance is not quite so good as a trained waitress, it certainly has the advantage of being a "silent member" in the domestic economy, and moreover requires no wage beyond its first cost. It can be made as artistic as desirable.—*Christian at Work.*

FISH BALLS.

Recently I had in my employ a German girl who excelled in making fish-balls. Every visitor to my house went into ecstasies over them. I don't know whether her recipe was peculiar to her or not, but here it is. These balls were about an inch in size, and as light as can be imagined. She used for the purpose, pickled cod or Scotch haddock, and soaked either over night. In the morning she boiled half a saucenpanful of potatoes, and laid the fish on the top, not allowing them to mix. When the potatoes were tender, she turned the entire contents into a colander, and mashed all together through it, adding to the puree, a large piece of butter. When

all was through the colander, she beat one or two eggs, according to quantity, and mixed with it; then, having a deep saucenpan full of boiling fat, dropped lumps of the mixture into it from a big iron spoon. In about three minutes the balls were perfectly golden brown, and were ladled out on paper, or a napkin, to dry. Far remote from the stereotyped fish-ball of the ordinary household, anything more dainty cannot be imagined. Sometimes these were served with a white sauce.

Another valuable article for a breakfast relish, if properly treated, is calf's liver. Here is a good German recipe, very different from our usual conception of liver-and-bacon. A rich brown, sauce is first made by the use of good stock, colored, thickened, and flavored, which is kept at rapid boiling point, and very thin slices of the liver are thrown into it to boil for four, or, at most, five minutes, then withdrawn and laid upon a hot dish, while a tablespoonful of vinegar is added to the sauce as it boils, and it is then poured over the liver, and the dish garnished with parsley.—*Exchange.*

ECONOMY.

A lack of a knowledge of true economy keeps many a family in squalor and filth. True economy consists in a proper adjustment of time, strength, and money. It does not consist solely in saving money; it may consist in spending it. It does not always consist in saving bread crumbs for bread puddings, which frequently prove to be nothing more than flavored and sweetened poultices. Properly made, however, they are very good. Sometimes it may be far better economy to give away a half-worn dress than to rip, wash, dye, press, and make it over with new material. An ample wardrobe and a lean larder go with poor economy. Give each a comfortable showing.

CARE OF CHILDREN'S FEET.

Wise mothers see that the children always have dry feet. Shoes should be loose enough to be comfortable always—half an inch longer than the foot, but not loose enough to slip around. Never let the child wear a shoe that is run over on the side or heel, and constantly discourage the habit of standing on the outer edge of the shoe, turning in the toes, or rubbing one foot over the other. Have the child taught from the earliest hours of understanding that the moment his feet are wet he must change shoes and stockings.—*Helping Hand.*

PUZZLES—NO. 6.

ENIGMA.

I'm in life, light and liberty,
I'm in frail, slight and fierce.
I'm in vanity and victory,
I'm in barrel and in tierce.
I'm in wine, ink and vinegar,
I'm in morn, noon and night,
I'm in pot, pail and porringer,
I'm in three, five and eight,
I'm in fame, fear and fealty,
I'm in catch, come and call,
I'm in love, peace and cruelty,
And when linked together all,
I'm a precept of St. Paul.

HANNAH E. GREENE.

DIAMOND.

A consonant.
Something nice to eat.
A musical instrument.
To finish.
A vowel.

DAISY POWLES.

APRIL ACROSTIC.

Ah my little puzzling elf,
Pass me not but solve me too,
Really think I ought to do!
If you think you're not a fool,
Lo, your name, —!

EMILY McNAB.

ANSWERS TO PUZZLES.—NUMBER 5.

CHARADE.—Content (Con-tent).

DOUBLE ACROSTIC.

Initials—St. Valentine.

Finals—Cupid's arrow.

Cross Words—

S	T	O	I	C
T	A	B	U	
V	A	M	P	
A	L	I	B	I
L	E	S		
E	Y	E	S	
N	O	R	A	
T	E	A	R	
I	D	O	L	A
N				O
E	M	E	W	

OMITTED RHYMES.—

2d line—catch.

3d line—St. Valentine's Day.

5th line—Valentine.

8th line—sunburnt, burnt, sun.

THREE EARS A DAY.—One ear of corn and his own two ears.