

THE HOUSEHOLD.

WHY CHILDREN ARE HUNGRY.

The process of bolting or refining takes from the wheat most of the phosphates and nitrates, the elements that are chiefly required for making nerves, muscles, bones and brains. The phosphates and nitrates, being removed by bolting, very little remains in the flour except the carbonates, the heat and fat-producing elements. The use of fine-flour bread as a staple article of food, introduces too much heat and fat-producing elements into the system, and where there is too much carbon or heating element, it tends rather to provoke the system to unnatural and abnormal action, and instead of serving as an element to warm the body, its tendency is to burn or consume, heating and irritating all the organs, getting one into that state which is popularly known as "hot-blooded."

One reason why children fed chiefly on white bread feel hungry nearly all the time, and demand so much food between meals, is found in the fact that their bodies are insufficiently nourished. Their bones and nerves not receiving the nitrates and phosphates they need, are suffering from hunger. When children are fed with food that thoroughly nourishes the whole system, they will seldom desire to eat between meals, and thus retard the process of digestion, laying the foundation for dyspepsia and all its kindred evils.

Flour made of white wheat, unbolted, popularly known as Graham flour, contains all the elements necessary for the nourishment of the body. Not every flour called Graham flour contains these elements. There is a great deal of bogus stuff in the market, which has brought the genuine article into disrepute, and made many thoughtful people disgusted with everything in that line.—*Phrenological Journal.*

BONE FOOD FOR POULTRY.

Lewis Wright, of London, in his Book of Poultry, makes special mention of the value of bone dust and bone meal, and considers it one of the most valuable of all known aids to the successful rearing of poultry. Laying fowls need bone constantly, as it is largely made up of material which enters into the composition of eggs and shells, and besides contains animal matter of great value to the fowls, when freshly ground. For old birds, bone may be fed in the form of finely ground meal, mixed with soft food or coarsely ground into bits the size of a kernel of corn, or smaller. In the latter form, the hardest fragments perform a double purpose by assisting the gizzard for a time, with its grinding operations. For this purpose, ground oyster shells are also exceedingly valuable, and the very hard and flinty fragments do good service from the time they are eaten until fully digested. Bone matter contains a great deal of real nutriment, and saves its value (when bought at reasonable rates) in other food.

The large fowls, Brahmias, Cochins, &c., are subject to leg weakness, and every breeder of the Asiatics knows how this difficulty has often troubled his best flocks, and puzzled his brain to learn the cause, prevention and cure. Wright states that bone dust (bone meal) is almost a sure prevention for the difficulty, and should always be used as a preventive.

But by far the most important use for bone meal is one that interests alike all who raise fowls for market, and on this point Wright is very positive in his statements. He performed careful experiments to ascertain the exact facts, and always with the same results. From these experiments he learned that all kinds of domestic poultry, and even hogs and other four-footed stock, may be made to grow to a larger size by the use of bone meal, and that the difference is very material. The cause he explains thus: The bone supply must come from those kinds of food largely made up of bone making materials, and when fed in considerable quantities, as when pure, raw bone meal is used, has the effect to keep the bones of the fowl or animal in a soft or growing condition longer than without its use, and therefore to postpone the period of the bones setting or becoming hard. After the bones are hard the increase in size of the fowl may be termed development; previous to that, it is actual growth.—*Farm Housekeeper.*

VILLAGE IMPROVEMENTS.

By all means have the "Village Improvement Society" see that the churches and schoolhouses are fenced in if cattle and swine run at large. Don't let the walks be all in straight lines and at right angles. Let them enter somewhere near the corner of the lot, winding with graceful curves to the entrances as men would naturally walk. Let the street be lined with maples or elms, and set a few evergreens in groups on the church lot where they will be out of the way. Do not set those in straight lines. Evergreens may be made to live as easily as any other trees, and now is a good time to move them. The roots, except those of the coarser pines, are fine and fibrous, and when once the resinous sap in them is dried, as it will be by a few minutes' exposure to the air, no amount of soaking will restore it. If you go to the nursery yourself and spread an old carpet or blanket in your wagon, and lift the trees carefully with as much earth as you can take up with them, and then set them on the blanket and draw it up around them as the earth cannot be shaken off, and set them out at once on reaching home in holes already prepared, and then put a wheelbarrow load of sawdust around each so as to keep the ground moist, you will scarcely ever fail to make your trees live and it will not be necessary to water them. I seldom water mine and have had good success. Twenty months ago on one of the hottest and most windy days in August I moved three Norway spruces, five, eight and ten feet high respectively. I mulched them thoroughly with sawdust, and occasionally for weeks drew in a tub full of water, and letting it stand in the sun all day, at sun-down threw two pails of water on the foliage of each tree and let it trickle down to the roots. Those trees are all alive and vigorous. Who will be the first to fix up around the church and plant some evergreens?—*The Advance.*



RECEPTACLE FOR SOILED LINEN.

Take an ordinary flour barrel, line it with paper muslin, and on the outside cover it with cretonne laid in box-plaits. Around the top finish with a lambrequin made of turkey-red, with cretonne flowers transferred on the centre of each point. Cover the lid with cretonne inside and out, and put a full plaiting of the same round the edge. For the handle on top use an iron trunk-handle. The tassels on lambrequin are made of worsted corresponding with the colors in the cretonne. By leaving the handle off the top, and having the lid large enough to fit over, instead of the ordinary way, the barrel can stand in a room and be used for a table.—*Demorest's Monthly.*

ICE-WATER.

A writer strives in the following protest to arrest undue indulgence in drinking ice-water. He says:

There is no more doubt that drinking ice-water arrests digestion than there is that a refrigerator would arrest perspiration.

It drives from the stomach its natural heat, suspends the flow of gastric juice and shocks and weakens the delicate organs with which it comes in contact.

An able writer on human diseases says: "Habitual ice-water drinkers are usually very flabby about the region of the stomach. They complain that their food lies heavy on that patient organ. They taste their dinner for hours after it is bolted. They cultivate the use of stimulants to aid digestion.

"If they are intelligent, they read upon

food and what the physiologist has to say about it—how long it takes cabbage and pork and beef and potatoes to go through the process of assimilation.

"But the ice-water goes down all the same."

MATS.

Very pretty mats may be made of old dresses which are too much worn to be useful otherwise. Cut berege, delaine or any other thin goods into bias strips, an inch and a half or two inches wide, ravel these out on the edges, which can be done quite fast with a large darning needle, then gather them through the middle with a coarse thread, and sew on a piece of coarse unbleached muslin burlaps, or coffee-bag.

Suppose you have a gray dress and a black one, with some pieces of red or blue. Mark off on your foundation a border—(if a small mat) say, four inches wide—fill in the centre with the gray, sewing it in strips from side to side. Cut it off at each end and commence each strip from the same side. It would be best to gather each strip separately, and sew it on with the same thread; gather it very full and tight, and be careful in sewing it on, to have the lines straight, although when done no lines should be visible, but it should look like a soft, tufted surface. When the centre is in—a border of red or blue may be sewed all around the grey square—and the wide border be put in with the black, edged again with the red or blue. We have given you a very simple pattern. Try this, and if you like it you can vary your colors and designs, and you will be surprised to find what really pretty rugs you can make out of almost nothing. A few days ago we saw at a friend's house a beautiful rug made also of rags. These rags were cut in strips one-third of an inch wide and four inches long, and knitted to strips—silks, woollens, and even cotton can be worked into such a rug as this. The centre of the rug we speak of was made of the colors put in indiscriminately—mostly gray and white, with blue, yellow and red scattered here and there—the border was shaded bright red next to the centre, and growing darker out to the edge, which was black.

To make it, set on small bone needles with coarse white undrawn knitting cotton, twenty-five stitches; knit once across plain. Second row: knit one, put the needle into the next stitch, and before you put your thread over, lay across it one of the pieces you have prepared; now knit your stitch, then bring the other end of the strip to the front and knit the next stitch; put another strip in the next stitch as before, and put the other end forward after you knit it, and so go on till you have finished the row. Knit the next row plain, and so on till you have it about five-eighths of a yard in length. It will require three or four of these strips for the centre, and they are to be sewed together on the wrong side. The border is knit in the same way and sewed on. Line it with burlaps or an old piece of carpet; knit a fringe of the same strips cut longer, and of suitable colors, and sew on each end. Both of these mats will require to be clipped smooth to give the proper effect.—*Christian Intelligencer.*

CHICKEN SALAD.—Put the chickens after they are cleaned and washed into a deep dish and steam till tender, or boil in very little water if you have no steamer. Cut the meat all off in small pieces, dark and light unless desirous of an elegant dish for company or show. Cut up fine, well-cleaned, tender white celery, having an equal quantity with the meat (a pint for a pint). Mix well together. Add four hard-boiled eggs chopped fine to every quart of the chicken and celery; and, if liked, one small potato-rolled till perfectly smooth. Beat in half a teacup (not coffee-cup) of softened butter, a teaspoonful each of pepper, salt and mustard. Beat three raw eggs together very thoroughly, and pour into this mixture, pouring it gently with one hand while beating all together with the other. When these are thoroughly incorporated with the whole beat in a half cup (scant) of vinegar or sour orange juice. Instead of butter salad oil may be used. It is always used instead of butter by those who do not dislike the flavor.

ECONOMIC ENTOMOLOGY IN THE PUBLIC SCHOOLS.—The only way to bring this practical science to agricultural minds generally, to the class with whom it is of greatest importance, is, to require that it be taught in all

the public schools. It is a kind of knowledge which the young country student grasps easily and successfully when deprived of its unessential technicalities. Of such practical consequence is it that it had better be taught even at the expense of almost any other study of the usual courses; and some attention to it would be a great relief from unnecessary problems in abstractions which are often inflicted to a useless extent in early training. It is a sad consequence of the failure to teach natural science in the public schools that our cultivators do not recognize their own interest and duty with reference to insects, and need to be forced by law to a sense of its importance. Words persuade, but examples convince. Let every intelligent farmer help demonstrate it for the good of himself and others.—*W. S. B. in Am. Entomologist for July.*

A CORRESPONDENT of the *Chicago Times* relates some remarkable experiences with the use of salt in his garden and orchard. In 1877, he says, his wife had a garden forty feet square which it was necessary to water every day, and still the plants and flowers were very inferior. The next year he put half a barrel of brine and half a barrel of salt on the ground and turned it under. That season watering could be dispensed with, and the plants were of unusual size and the flowers of great beauty. He also had some potatoes growing from seed that wilted down as soon as the weather became very hot. He applied salt to the surface of the soil till it was white. The vines took a vigorous start, grew to the length of three feet, blossomed and produced tubers from the size of hen's eggs to that of goose eggs. His soil is chiefly sand.

DRAWN BUTTER FOR FISH.—Beat together one small cup of butter and half a tablespoonful of flour until very smooth. Pour over this one gill of boiling water, stirring it quickly. When smooth set the saucepan over the fire and let it boil once. If liked tie up four sprigs of parsley, put them for a moment into boiling water, then take out, cut up very fine and stir into the batter. Sprigs of parsley laid round the dish when set on the table are the usual garnishing. Egg sauce for boiled fish is made by pouring drawn butter, made like the above, over two or three hard-boiled eggs, chopped very fine. Some like a little Reading or Worcestershire sauce put into egg sauce.

BOILED HALIBUT.—The tail piece is usually thought best. It certainly can be used that way to the best advantage. Next to that a thick solid piece is the best. Flour a fish cloth (such cloth should never be used for any other purpose), wrap the fish in it and pin the cloth round neatly. Put it into cold water, well salted, let it come slowly to a gentle boil. After the water boils let the fish cook a half hour longer. Serve with drawn butter or egg sauce. Slice two or three hard-boiled eggs and lay over the fish; and pour a little of the sauce over it also.

HICKORY-NUT CAKE.—Two cups white sugar and one of butter, beaten to a stiff cream; then add one cup new milk, four cups sifted flour, one tablespoonful vanilla, if liked, or spice with nutmeg and cinnamon; stir three teaspoonfuls baking powder into the flour thoroughly before putting it to the milk. When all these ingredients are well mixed sprinkle flour over one and a half cups of hickory-nut meats (broken up pretty fine), and add the last thing with the whites of eight eggs beaten stiff. Bake slowly one hour.

SAVORY BISCUITS.—Take twelve eggs, their weight in powdered sugar, and half their weight in fine flour; beat up the yolks with the sugar, adding a little grated lemon peel and orange-flower water; whip the whites separately into a stiff froth, mix with the other, then stir in the flour and beat the whole together; butter a mould and put in your mixture; bake in a moderately warm oven. These biscuits are very light and delicate.

DELICIOUS PINEAPPLE CUSTARD.—On the day before you wish to use the custard, peel and pick to pieces with two forks a nice pineapple. Put plenty of sugar over it and set away. Next day make a custard as above, and when cooling mix with the pineapple, which will have become soft and luscious, and thoroughly sweetened.

I NEVER knew any one that was too good or too smart to be a farmer. The blue sky, the balmy breezes and green fields never tainted any pure man's morality, or dwarfed any noble man's intellectual ability.—*Lambie.*