

HOUSEHOLD.

Vegetable Soups

Corn Soup.—Cut lengthwise through the grains of a dozen ears of corn and scrape the grains from the cobs. To one quart of water, add one quart of rich milk, thickened with a tablespoonful each of butter and flour. Add the corn, season, and cook for fifteen minutes. Any receipt for soup which calls for the use of fresh rich milk thickened with butter and flour. Corn soup may be made additionally appetizing by using water in which chicken has been boiled in place of the unseasoned water.

Tomato Soup.—Slice one dozen tomatoes, fry until just warmed through; slice and fry two onions brown and add to the tomatoes, with a head of celery and a sliced carrot. Add sufficient water to stew gently for half an hour; then add three pints of gravy or water in which meat of any sort has been boiled. Stew an hour and a half longer, after which press all the vegetables through a sieve, return to the water, season with pepper and salt, and serve.

Tomato Bisque.—This is an especially nice soup, and does not require much time to prepare, but the ingredients must be added just as directed, in order to avoid curdling, and the soup must be served as soon as done. Stew one quart of tomatoes, either canned or fresh, until sufficiently tender to strain. Press through a coarse sieve. In another kettle heat three pints of milk, and when hot add a tablespoonful of flour mixed smooth with a little cold milk, and cook with the milk about ten minutes, or until it thickens. When sufficiently cooked add one tablespoonful of butter, salt and a little white pepper. When all is ready for the soup to be served, put half a teaspoonful of soda in the tomatoes, which have been previously strained, and as soon as they effervesce, add the prepared milk.

Croutons.—Nicer even than crackers to serve with soup, are the croutons which are so easily prepared. To make these, cut slices of bread, old bread is better for the purpose than fresh, into long strips of equal width and thickness. Place these on a plate in the oven until a golden brown, when they are ready for the table. They will be found crisp and delicious. When crackers are used for soup, or indeed for any table purpose, they are greatly improved by being placed in the oven for a few moments; not long enough to brown, but until heated through. This makes them as crisp as when freshly baked.

Hints on Health

In Place of Sleep.—A noted teacher of physical culture makes this startling statement: He says that a tepid bath at about 99 degrees Fahrenheit, taken just before retiring, in a tub where the whole body except the face is immersed, is an excellent substitute for sleep. To be exact, he says it is the only substitute known to science for nature's sweet restorer. 'I have known cases of prolonged and chronic insomnia to be cured by this form of bath. Sleep, with the exception of the heart beats, is intended for perfect rest. The bath above named will come near enough producing this result to answer many months for sleep in cases of insomnia.'

Lemon Juice For Nose Bleed

To use, dilute with one-half water, and inject or snuff up into the nose. If this does not check the flow of blood in a few minutes, use a second and stronger portion. If a third treatment is necessary, use the clear juice.

A physician of our village, unable to check the bleeding from his own nose, after ten hours sent for a brother doctor, who was equally unsuccessful. In making a chance call at the house, I learned the condition of things, the doctor saying: 'I tell you this begins to look serious.' His white face and lips, with cold hands, added emphasis to his words. I asked, 'Have you tried lemon juice?' He had never heard of its use. After treatment his verdict was: 'It works like magic.' But he had lost so much blood during the fourteen hours, it was several weeks before he regained his strength.

In speaking of lemon juice afterward, he said that in case he could not get a lemon he should not hesitate to try cider vinegar; and if impossible to get either quickly, he would be willing to try the effect of tartaric acid, if the patient's life was at stake. I would try lemon juice in case of a severe cut on persons or beasts, where the flow of blood was hard to check, as it could be applied quicker than pulverized alum and flour, and would leave a cleaner wound.—Mell Minturn, in the 'Presbyterian.'

His First Day at School

She lost her little boy to-day;
Her eyes were moist and sweet
And tender, when he went away
To hurry down the street.
She stood there for the longest while
And watched and watched him; then
She said—and tried to force a smile—
'He'll not come back again.'

Inside the house, her tears would come.
She sank into a chair
And sobbed above the battered drum
And trumpet lying there.
The sunshine stole into the place—
It only made her sad
With thinking of the pretty grace
His baby tresses had.

She minded all his little ways;
She went to see his crib
Up in the attic; then to gaze
At platter, spoon and bib,
And all the trinkets he had thought
So fair to look upon—
Each one of them this murmur brought:
'My little boy has gone.'

She wandered through the house all day,
To come on things he'd left,
And O, she missed his romping play
And felt herself bereft!
When he came home, with shining eyes,
To tell of school's delight,
She kissed and held him motherwise
With something of affright.

This is the pain in mothers' hearts
When school days have begun;
Each knows the little boy departs
And baby days are done;
Each mother fain would close her ears
And hush the calling bell
For, somehow, in its tone she hears
The sounding of a knell.
—W. D. Nesbit, in 'Chicago Tribune.'

How to Get Rid of Rats

Take a large earthen jar and set in the ground near a building frequented by rats. The top should be not more than an inch or two above the surface of the ground. Fill this to within about five inches of the top with bran. Place boards over it, but leave a crack wide enough for a rat to easily enter. Let this set for several days and nights, until the rats have got into the habit of visiting it. Then take out the bran and fill with water to within six inches of the top and on this sprinkled a covering of bran about two inches thick. Cover as at first, and every rat that has been in the habit of visiting the jar will unhesitatingly jump in, and once in there is no escape for him. He sinks and the floating bran hides him from sight of the next victim. By once more filling the jar with bran and leave it for several days before filling it again with water, suspicion will be diverted. If there is no convenient place for setting the jar in the ground where it will not be disturbed, good results may be secured by placing a board in such a position that the rats can easily climb into the jar.

Cream as Food

"The very cream" of anything is an expression signifying the best there is, a writer in 'Health,' an English journal, says, 'yet few seem to appreciate the value of cream as an article of human diet, most people preferring to use milk fat in the form of butter. While good and properly made butter may fairly be conceded to be the best and most wholesome solid fat in use, it is quite inferior to cream in respect to both economy and health. Many people who cannot take cod-liver oil

can take good fresh cream, enjoy it, and thrive on it. In many run-down and weak cases, where there is emaciation, cream is often very beneficial.

The superiority of cream over butter, or any other solid fat, consists, first, in its being not exactly in a liquid form, but in a condition allowing of great mobility between its particles, permitting the gastric juice to mix with it in the most perfect manner, and with whatever else the stomach contains, thereby facilitating digestion. Its behaviour is quite different in this respect from that of butter and other pure fat. As soon as they become melted they grease over the other contents of the stomach, obstructing in a measure the contact of gastric juice, and hindering rather than hastening, the progress of their digestion.

Cream is also superior to butter and other fats from its being intimately incorporated with albuminous or flesh-forming matter in a condition favorable for easy and perfect digestion, so that while it serves the purpose of all unctuous matter in developing animal heat and force, it rebuilds tissue, a very important consideration in the case of invalids.

It is a fact in the functions of the human stomach that neither fat alone nor albuminoids alone are digested by it as well as when the two are mingled together in certain proportions. It does not seem to cope with any kind of grease alone, and pure albuminoids it does not digest as well as that of animals in better condition, in whose muscles fat is mingled.

The palate instinctively recognizes the difference between fat and no fat in the flesh of animals when used for food, always preferring that marbled with fat. A more perfect combination of fat and flesh-forming food could hardly be imagined than exists in cream, each fat globule of which it is composed being enclosed with an envelope of albuminous matter, and besides this, being suspended in a serum of a similar character, making the incorporation of fat and nutriment matter as intimate as it is possible to make it.—'Health culture.'

The Household

A glass of very hot water sipped slowly will warm the body quickly, as well as the feet and hands.

If rubbed with fresh lemon or orange peel, knives and forks will be thoroughly freed from the taste of fish.

Although the odor of lavender is agreeable to most people, the flies do not like it, it is probably too clean a smell for their taste. If a room is sprinkled with oil of lavender, mixed with an equal amount of water, they will vacate it.

Some women have not yet found out that the best way to wash windows is by using a piece of chamois, warm water, a little ammonia; the window washed with the dripping skin and then wiped with the same chamois wrung dry, and the work is done far quicker and better than it could be with cloths.

Don't Worry

(Henry Edward Warner, in the Denver 'Times.')

There are times when the clouds roll thick and fast

And the sky is black with distress;
But worry o'er trouble that's present or past
Never made the trouble the less.

There are times when everything's looking blue,

And everything's all in a flurry,
And nothing was ever made brighter for you,
When you punished yourself by worry.

We'll assume that the outlook's ripe with despair,

And there's never a cheerful ray
Of light to dispel the clouds everywhere,
That deepen the sombre way;
But, assuming all this, there's naught to gain
By useless weeping and wailing;
You'll bring neither sunshine nor cooling rain
By storming, fretting and railing.

There's a better way when your trials roll thick—